

Instant Replay

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Linda Brown (USA)

Musique: Instant Replay - Dan Hartman



WALK FORWARD X4, TOE TOUCH FORWARD, STEP BACK, LEFT BACK COASTER STEP

- 1-4 Step right forward, left, right, left
- 5-6 Right toe touch forward, step right back
- 7&8 Step left back, right foot together with left, step left forward (12:00)

RIGHT LUNGE, TOUCH, KICK-BALL-CHANGE, LEFT LUNGE, TOUCH, KICK-BALL-CHANGE

- 9 Right lunge to right forward diagonally (2:00)
- 10 Left touch next to right
- 11&12 Left kick forward, left step ball of foot next to right, right step in place
- 13 Left lunge to left diagonally (10:00)
- 14 Right touch next to left
- 15&16 Right kick forward, right step ball of foot next to left, left step in place (12:00)

RIGHT LUNGE, STEP, KICK- OUT-OUT, HIP BUMPS TWICE

- 17 Right lunge to right forward diagonally (2:00)
- 18 Left step next to right
- 19&20 Right kick forward, right small step side right, left small step side left
- 21-22 Bump hips right, bump hips left
- 23-24 Bump hips right, bump hips left (12:00)

¼ LEFT PADDLE TURN X3, HOLD, LEFT SAILOR SHUFFLE, RIGHT SAILOR SHUFFLE

- 25& Step right forward, left ¼ turn shifting weight to left foot
- 26& Step right forward, left ¼ turn shifting weight to left foot
- 27& Step right forward, left ¼ turn shifting weight to left foot
- 28 Hold (transfer weight to right foot)
- 29&30 Left cross behind right, right step to right side, left step slightly to left
- 31&32 Right cross behind left, left step to left side, right step slightly to right (3:00)

LEFT ROCKING HORSE, PIVOT ½ RIGHT TWICE

- 33-34 Left rock forward, right recover
- 35-36 Left rock back, right recover
- 37-38 Step left forward, pivot ½ right shifting weight to right
- 39-40 Step left forward, pivot ½ right shifting weight to right (3:00)

LEFT ROCKING HORSE, PIVOT ½ RIGHT TWICE

- 41-42 Left rock forward, right recover
- 43-44 Left rock back, right recover
- 45-46 Step left forward, pivot ½ right shifting weight to right
- 47-48 Step left forward, pivot ½ right shifting weight to right (3:00)

TOUCH LEFT, TOUCH BEHIND, STEP LEFT, TOUCH RIGHT BEHIND, STEP RIGHT, TOUCH LEFT BEHIND, STEP LEFT, TOUCH RIGHT BEHIND

- 49-50 Left touch side left, left touch behind right
- 51-52 Left step to left side, right touch behind left
- 53-54 Right step to right side, left touch behind right
- 55-56 Left step to left side, right touch behind left (3:00)

WALK FORWARD X4, TOE TOUCH FORWARD, STEP BACK, LEFT BACK COASTER STEP

57-60 Step right forward, left, right, left

61-62 Right toe touch forward, step right back

63&64 Step left back, right foot together with left, step left forward (3:00)

REPEAT

There are a lot of versions of "Instant Replay." This one is kind of long at 5:19, but it's still my favorite.
