

Foot Play

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Daniel Whittaker (UK) - June 2015
音乐: Strong Baby - SEUNGRI : (iTunes)



RESTART & TAG: There is 1 restart during wall 3, dance up to 16 counts and there is a tag at end of wall 5!

START: Start after the words "Show me what you got" which is approx 30 seconds into the music!

[1-8] Step forward point, Monterey ½ turn, Step hitch, ¼ turn point

- 1-2 Step left foot forward, touch right to right side 12:00
- 3-4 Make ½ turn right stepping right beside left, touch left to left side 06:00
- 5-6 Step left foot forward, hitch right knee 06:00
- 7-8 Make ¼ turn right stepping right to right side, touch left to left side 09:00

[9-16] Ball cross, hold, & cross, ½ turn cross, 3 x shoulder pops

- &1 Step left beside right, cross right over left 09:00
- 2 Hold 09:00
- &3-4 Step left slightly to left side, cross right over left, make ¼ turn right stepping left foot back 12:00
- 5-6 Make a further ¼ turn right stepping right to right side, cross left over right 03:00
- 7&8 Bring left shoulder up as you push right shoulder down, Bring right shoulder up as you push left shoulder down, Bring left shoulder up as you push right shoulder down [03:00]

**** RESTART HERE ON WALL 3 ** Note your weight in naturally on your left foot so to start the dance you need to do a ball step, so place weight on your right foot on the (&) count (you will be on 9:00 wall for restart)**

[17-24] Side rock, sailor step, sailor ¼ turn, step forward right, hitch left

- 1-2 Rock right to right side, recover weight on left 03:00
- 3&4 Step right behind left, step left beside right, step right to right side 03:00
- 5&6 Step left behind right, step right beside left, make ¼ turn left stepping left forward 12:00
- 7-8 Step right forward, hitch left knee 12:00

[25-32] Long step left, ¼ turn long step right, ¼ turn, long step left, push right, push left

- 1-2 Step left long step left, drape right to left 12:00
- 3-4 Make ¼ turn left stepping right to right side, drag left to right 09:00
- 5-6 Make ¼ turn left stepping left to left side, drag right to left 06:00
- 7 Turn body towards 08:00 and step right to right as you push your body to the right 06:00
- 8 Turn body towards 04:00 and step left to left as you push your body to the left 06:00

NOTE: Counts 7-8 are all for styling so put some attitude into these steps

[33-40] ¼ hold, Ball step, ½ turn, coaster step, step kick

- 1-2 Step right foot ¼ turn right, hold 09:00
- &3 Step left beside right, step right foot forward 09:00
- 4 Make ½ turn right stepping left foot back 03:00
- 5&6 Step right foot back, close left beside right, step right foot forward 03:00
- 7-8 Step left foot forward, kick right foot forward 03:00

[41-48] Syncopate out and back, Clap, Heels toes heels left, Heels toes right, kick & point

- &1-2 Step right back, step left to left side, CLAP (feet are slightly apart) 03:00
- 3&4 Twist both heels left, twist toes left, twist heels left (moving to left) 03:00
- 5-6 Twist heels right, twist toes right (moving right) 03:00
- 7&8 Kick left foot forward, step left beside right, touch right to right side 03:00

[49-56] Cross over, ½ turn, Chasse, Modified monterey turn

- 1-2 Cross right over left, make ¼ turn right stepping left foot back 06:00
3&4 Make a further ¼ turn right stepping right to right side, close left to right, step right to right side 09:00
5-6 Touch left toe to left side, step left beside right making ¼ turn left 06:00
7-8 Touch right to right side, cross right over left 06:00

[57-64] Left foot Step back, Right side step, Shuffle forward left, ½ turn, ¼ turn

- 1-2 Step left foot back, step right to right side 06:00
3&4 Shuffle forward L-R-L 06:00
5-6 Step right foot forward, make ½ turn left 12:00
7&8 Make ¼ turn left rocking right to right side, recover weight on left foot, step right foot beside left 09:00

END OF DANCE

Tag is needed at the end of wall 5, you will be facing the 3:00 wall

- 1-4 Step left foot forward, make ½ turn right, step left foot forward, make ½ turn right

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