

Learn To Turn

拍数: 64 墙数: 1 级数: Beginner
编舞者: Lisa McCammon (USA) - August 2015
音乐: Keep Movin' On - Sam Cooke



Alt. music:-

Feedback, Janet Jackson, 116 BPM

Just One Look by Doris Troy, 120 BPM

Make Her Fall In Love With Me Song by George Strait, 124 BPM

Ac-Cent-Chu-Ate The Positive by Willie Nelson, 140 BPM

Choreographer's note: This dance was written to teach and practice 2-count inside turns. The turns rotate to the left in the first 32 counts. The pattern then repeats but in mirror image, starting with a left toe strut with turns rotating to the right, ending at the front wall. However, the dance can be modified easily to make it 32 counts and 4 walls; see explanation below.

[1-8] □ TOE STRUTS R, L, STEP, TURN LEFT 1/8, STEP, TURN LEFT 1/8

1-4 Place R toes slightly forward, drop heel, taking weight onto R; repeat with L

5-8 Step forward R, turn left 1/8, transferring weight to L; repeat, ending squared to [9], weight on L

[9-16] □ TOE STRUTS R, L, STEP, TURN LEFT ¼, STEP, TURN LEFT ¼

1-4 Place R toes slightly forward, drop heel, taking weight onto R; repeat with L

5-8 Step forward R, turn left ¼ [6], transferring weight to L; repeat, ending at [3], weight on L

[17-24] □ TOE STRUTS R, L, ROCKING CHAIR

1-4 Place R toes slightly forward, drop heel, taking weight onto R; repeat with L

5-8 Rock forward onto R, replace weight onto L, rock back onto R, replace weight onto L

[25-32] □ R TOE STRUT, L TOE STRUT, STEP FORWARD R, TURN LEFT ½, STEP, SCUFF

1-4 Place R toes slightly forward, drop heel, taking weight onto R; repeat with L

5-8 Step forward onto R, turn left ½ [9] taking weight onto L, step forward onto R, scuff L heel

[33-64] □ MIRROR PATTERN, STARTING WITH A LEFT TOE STRUT AND ENDING FACING [12]

*NOTE: To make this a 32 count, 4 wall dance, substitute walk R, L for 7-8 in the last set, ending with weight on the L. Choose a slower track to reduce the dizzy factor which may result from turning left continuously, and fade the music as soon as students understand the concept and movement. You may find that most students are more comfortable turning left, but since line dances include right turns, the sooner they learn, the better. Try starting the dance with a left toe strut and go right first and see if it makes any difference.

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