

Teacher

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Teacher - Nick Jonas : (iTunes & Amazon)



Sequence: 32, T(16), 32, T(4), 32, 32, T(16), 32, T(4), 32, 32, 32, 32, T(4), 32.
Intro: 16 counts. Begin on lyrics.

[1-8] KICK & HEEL & TOE & TOUCH, FWD BODY ROLL, L COASTER STEP,

1&2& Kick R fwd, Replace R, L heel fwd, Replace L,
3&4 Touch R toe back, Replace R, Touch L fwd- leaning back on R,
5-6 Fwd body roll (Rock fwd on L, Recover back on R),
7&8 L Coaster Step,

[9-16] CROSS, ¼, 1/8 SAILOR, FWD, ½, 1/8 SIDE SHUFFLE

1-2 Step R across L, ¼ Turn right, Stepping L to left side [3:00]
3&4 1/8 Turn right with Sailor Step, [5:30]
5-6 Step fwd on L (prep) [5:30], ½ turn left, Stepping R back [11:30],
7&8 1/8 Turn left - side shuffle , L,R,L, (Chasse) [9:00],

[17-24] STOMP, HITCH, OUT, ROLL ARMS, TWIST ¼ HEEL FWD, & TOE & HEEL, TWIST 1/4, HOLD,

1&2 Stomp R to right side, Hitch L knee & Hook L behind R, Step L out, (2nd Position).
3&4 Hold as you Roll folded arms CCW on 3&, Twist 1/4 turn left, As you Touch L heel fwd,
Leaning back on R,
&5&6 Step L back in place, Touch R behind L, Replace R, Touch L heel forward,
7-8 Twist ¼ turn right in place, Hold (weight on L), (Snap),

(Optional Arm parts - During steps 1 through 4: On count 1&2 place R arm on top of L arm, folded in front of chest, On counts 3& With both arms folded in front of chest, make a Counter Clock Wise circle, On count 4 on the ¼ Twist, place L hand on forehead, Watch video.)

[25-32] R SAILOR, ¼ SAILOR, HITCH/ROLL KNEE ¼, OUT, HITCH/ROLL KNEE, OUT, □

1&2 R Sailor, (Step R behind L, Step L to L, Step R to R.)
3&4 ¼ L Sailor (Step L behind R, Making ¼ turn R, step R to R, Step L forward) [12:00]
5-6 Brush R toe as you roll R knee in & out with a Hitch, making ¼ turn right with the hitch [3:00],
Step R to
right side,
7-8 Brush L toe as you roll L knee in & out with a Hitch, Step L to left side,

Begin again!

***TAG 1 - 16 count Tag (8 counts repeated twice), happens after Wall 1 and Wall 4, (Lyrics go – “Uma Uma...”)**

SIDE, TOUCH X 2, ROCK FWD, RECOVER, ¼, CROSS,

1-4 Step R to right side, Touch L behind R, Step L to left side, Touch R behind L,
5-8 Rock fwd on R, Recover on L, ¼ Turn right, stepping R to right side, Cross L over R,

9-16 REPEAT ABOVE 8 COUNTS. - SIDE, TOUCH X 2, ROCK FWD, RECOVER, ¼, CROSS,

**** TAG 2 – 4 count Tag happens after Wall 2, Wall 5 and Wall 9,**

SWITCHES, SIDE, TOUCH, (SNAKE ROLL TO LEFT)

1&2 Point R out to right side, Replace R next to L, Point L out to left side,
3-4 Step L to left side, as you go into a left side body roll (snake roll), Touch R next to L.

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