

Pack Your Bags

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Brandon Zahorsky (USA) & Cody Flowers (USA) - February 2016
音乐: It's Not Right But It's Okay - Whitney Houston



*1 Taglet/Restart -- 1 Tag (16 Counts)

(1-8) Kick and point, Kick and point, Samba x 2

1&2 Kick RF forward, Step RF beside LF, Touch LF to left side
3&4 Kick LF forward, Step LF beside RF, Touch RF to right side
5&6 Cross RF over LF, Rock LF to left side, Recover weight onto RF
7&8 Cross LF over RF, Rock RF to right side, Recover weight onto LF

(9-16) Rock, Recover, ½ turn, ¼ turn, Behind side cross

1,2 Rock forward on RF, Recover weight on LF
3,4 ½ Turn right (6:00) stepping RF forward, ¼ Turn right (9:00) stepping LF to left side
5&6 RF behind LF, LF to left side, Cross RF over LF
7,8 Rock LF to left side, Recover weight on RF

(17-24) ¼ turn, Back touch, Back touch, Back touch, Behind-side-cross

1,2 ¼ Turn left (6:00) stepping back on LF, Touch RF forward
3,4 Step RF back, Touch LF forward
5,6 Step LF back, Touch RF forward
7&8 RF behind LF, Step LF to left side, Cross RF over LF

(25-32) 1/4 Rocking Chair, ½ turn pivot, ¼ turn side, Behind ¼ turn

1,2 Make a 1/4 turn left (9:00) by rocking forward on LF, Recover weight on RF squaring up with 9:00 wall
3,4 Rock back on LF, Recover weight on RF
5,6 Step forward on LF, Pivot ½ Turn right (9:00) on RF
7,8& ¼ turn right (12:00) stepping LF to left side, RF behind LF, ¼ Turn left (9:00) Stepping LF forward

(33-40) Rock, Recover, Triple back with L knee pops, ¼ turn point, Hip bumps

1,2 Rock forward on RF, Recover weight on LF
3&4 Step RF back while lifting L knee up, Step LF next to RF, Step RF back While lifting L knee
5,6 ¼ Turn left (6:00) stepping LF to left side, Point RF to side towards 9:00
7,8 Facing 6:00 bump hips R then L, recover keeping weight on LF

(41-48) Wizard Step (x2), Pivot ½, Triple forward

1,2& Step RF forward, Lock LF behind RF, Step RF to right side
3,4& Step LF forward, Lock RF behind LF, Step LF to right side
5,6 Step forward on RF, Pivot ½ Turn left (12:00) stepping forward on LF
7&8 Step forward on RF, Step LF beside RF, Step forward on RF

(49-56) ¼ turn side, ¼ turn back, Behind ½ turn forward, Rock, Recover, Back side cross

1,2 ¼ Turn right (3:00) stepping LF to left side, ¼ Turn right (6:00) step back on RF
3&4 Step back on LF, ½ Turn right (12:00), step forward LF on RF, Step LF forward
5,6 Rock forward on RF, Recover weight on LF
7&8 Step RF back, LF to left side, Cross RF over LF

(57-64) Side rock, Side rock, Forward rock, Step back, ½ turn forward, Step forward

1,2 Rock LF to left side, Recover weight on RF

&3,4 Step LF beside RF, Rock RF to right side, Recover weight on LF
&5,6 Step RF beside LF, Rock forward on LF, Recover weight on RF
7&8 Step back on LF, ½ Turn right (6:00) stepping forward on RF, Step LF forward

*****Taglet/Restart happens on Wall 3 after the first 16 counts.**

There is a minor change to the last count. Please see below:-

(9-16) Rock, Recover, ½ turn, ¼ turn, Behind side cross

1,2 Rock forward on RF, Recover weight on LF
3,4 ½ Turn right (6:00) stepping RF forward, ¼ Turn right (9:00) stepping LF to left side
5&6 RF behind LF, LF to left side, Cross RF over LF
7,8 Rock LF to left side, Recover weight on RF, ¼ Turn left (12:00) stepping LF beside RF

*****Tag (16 Counts) happens after on the 9th Wall facing 6:00.**

(1-8) Cross R arm, Cross L arm, Right fist next to Right leg, Left fist next to Left leg, Push Right fist into the air, Hold, Drop Right arm to chest

1,2 Put your Right Fist over your heart, Cross your Left Fist over the right side of your chest making a X
3,4 Place Right Fist down beside right leg, Place Left Fist down beside left leg
5,6 Thrust Right Fist into the air, Hold
7,8 Slowly bring Right Fist down to chest for 2 counts

(9-16) Push Right arm out forward, Bring Right hand across to Left shoulder, Cross RF over LF, Full turn unwind

1,2 Extend Right Hand with palm open towards 7:30, Slowly move hand to 6:30
3,4 Continue moving hand to 5:30, Continue moving hand to 4:30 while crossing RF over LF
5678 SLOW Full Turn unwind placing weight on LF

Immediately after the tag, go into the last 20 counts of the dance beginning with the Step forward on RF, Pivot ½ Turn left (12:00) stepping forward on LF.

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Last Update – 3rd April 2016
