

Robaukauskas

拍数: 64 墙数: 1 级数: Ultimate Practice WCS line dance
编舞者: Mario Robau (USA) & Brian Barakauskas (USA) - March 2016
音乐: Fire - Tessanne Chin



#16 count intro to start with vocals

Note: This dance provides west coast swing basic patterns using both leader and follower footwork in a line dance format.

It's designed to be a practice tool to help improve and explore the basic footwork of WCS.

FOLLOWER SECTION: 32 counts facing 12:00 wall, starting with R foot free

[1 – 6] □ Sugar Push - Walk Walk, Triple and back, Anchor-in-place

- 1,2 Walk forward R (1), Walk forward L (2)
- 3&4 Rock forward R (3), Recover weight back on L (&), Step back R (4)
- 5&6 Step L just behind R (5), Step in place R (&), Step in place L (6)

[7-12] □ Sugar Tuck - Walk Walk, Triple-and-half, Half-turning-anchor

- 7,8 Walk forward R (7), Walk forward L (8)
- 1&2 Step R behind L (1), Step in place L (&), Turn 1/2 right to face 6:00 stepping forward R (2)
- 3&4 Turn 1/4 right to face 9:00 stepping back L (3), Turn 1/8 right to “lock” step R across L (&), Turn 1/8 right to face 12:00 stepping back L (4)

[13-18] □ Left Spinning Side Pass - Walk Walk, Turn-turn-turn, Anchor in place

- 5,6 Walk forward R (5), Walk forward L torquing upper body slightly right prepping for turn (6)
- 7&8 Release upper body and turn 1/2 left to face 6:00 stepping back R (7), Turn 1/2 left to face 12:00 stepping forward L (&), Turn 1/2 left to face 6:00 stepping back R (8)
- 1&2 Step L just behind R (1), Step in place R (&), Step in place L (2)

[19-24] □ Right Side Pass (a.k.a. Underarm Turn) - Walk Walk, Triple-half-turn, Anchor-in-place

- 3,4 Walk forward R (3), Walk forward L (4)
- 5&6 Turn 1/4 left to face 3:00 stepping back R (5), Turn 1/8 left to “lock” step L across R (&), Turn 1/8 left to face 12:00 stepping back R (6)
- 7&8 Step L just behind R (7), Step in place R (&), Step in place L (8)

[25-32] □ Half Whip to Walk Out - Walk Half, Coaster Step, Walk, Walk, Walk, Walk

- 1,2 Walk forward R (1), Turn 1/2 right to face 6:00 stepping back L (2)
- 3&4 Step back R (3), Step together L (&), Step forward R (4)
- 5,6,7,8 Walk forward L (5), Walk forward R (6), Walk forward L (7), Walk forward R (8)

LEADER SECTION: 32 counts facing 6:00 wall, starting with L foot free

[33-38] □ Sugar Push - Back Back, Triple-and-step, Anchor-in-place

- 1,2 Walk back L (1), Walk back R (2)
- 3&4 Rock back L (3), Recover weight forward on R (&), Step forward L (4)
- 5&6 Step R just behind L (5), Step in place L (&), Step in place R (6)

[39-44] □ Sugar Tuck - Back Back, Triple-and-step, Anchor-in-place

- 7,8 Walk back L (7), Walk back R (8)
- 1&2 Rock back L (1), Recover weight forward on R (&), Step forward L (2)
- 3&4 Step R just behind L (3), Step in place L (&), Step in place R (4)

[45-50] □ Left Spinning Side Pass - Back back, Triple-quarter-step, Anchor-in-place

- 5,6 Walk back L (5), Turn 1/4 left to face 3:00 stepping back R (6)

7&8 Rock back R (7), Recover weight in place R or step slightly across L (&), Turn 1/4 to face 12:00 stepping forward/side L (8)

1&2 Step R just behind L (1), Step in place L (&), Step in place R (2)

[51-56] □ Right Side Pass (a.k.a. Underarm Turn) - Side Cross, Quarter-cross-quarter, Anchor-in-place

3,4 Step side L (3), Step R across L (body slightly angled to right) (4)

5&6 Turn 1/4 right to face 3:00 stepping side L (5), Turn 1/8 right to "lock" step R across L (&), Turn 1/8 right to face 6:00 stepping side L (6)

7&8 Step R just behind L (7), Step in place L (&), Step in place R (8)

[57-64] □ Half Whip to Walk Out - Back Quarter, Triple-quarter-step, back back back back

1,2 Walk back/side L (1), Turn 1/4 left to face 3:00 stepping back R (2)

3&4 Rock back L (3), Recover weight in place R or step slightly across L (&), Turn 1/4 to face 12:00 stepping side L (4)

5,6,7,8 Walk back R (5), Walk back L (6), Walk back R (7), Walk back L (8) (end facing 12:00 with R foot free to do Follower's Section)

Please contact the choreographers regarding any errors or inconsistencies for correction/revision.

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