

# Rhythm

拍数: 84                      墙数: 4                      级数: Phrased Advanced  
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - September 2016  
音乐: Rhythm - CC Smugglers : (CD Single)



**Sequence: ABB ABB TAG AB BB**

**Start: On Main Vocals After Intro Seconds: 15 Counts: 32 BPM: 135**

## **PART A – VERSE – 48 COUNTS**

### **A1: JAZZ JUMP FORWARD, HEEL TAPS, JAZZ JUMP BACK, HEEL TAPS**

&1                      Jump Forward Landing Right Left  
2-3-4                  Keeping Weight On Left Foot Tap Right Heel For Three Counts  
&5                      Jump Back Landing Right Left  
6-7-8                  Keeping Weight On Left Foot Tap Right Heel Forward For Three Counts – OPTION: LEFT  
HEEL TAPS

### **A2: TOUCH, KICK, BEHIND, SIDE, CROSS, TOUCH, KICK, BEHIND, ¼ TURN, STEP**

9-10                    Touch Right Toe Beside Left, Kick Right Foot To Right Diagonal  
11&12                  Cross Right Behind Left, Step Right To Right, Cross Right Over Left  
13-14                  Touch Left Toe Beside Right, Kick Left Foot To Left Diagonal  
15&16                  Cross Left Behind Right, Making ¼ Turn Right Step Forward On Right, Step Forward On Left  
3:00

### **A3: CHARLESTON STEPS X 3, COASTER STEP**

17-18                  Touch Right Toe Forward, Sweep Right Foot Around Left Step Back On Right  
19-20                  Sweep Left Foot Around Right Touch Left Toe Back, Sweep Left Foot Around Right Step  
Forward On Left  
21-22                  Sweep Right Around Left Touch Right Toe Forward, Sweep Right Foot Around Left Step  
Back On Right  
23&24                  Step Back On Left, Step Right By Left, Step Forward On Left

### **A4: WALK FORWARD, BOOGIE WALK, CROSS, BIG COASTER STEP**

25-26                  Walk Forward, Right, Left  
27&                      Step Forward On Ball Of Right Foot Push Right Knee Out, Step Forward On Ball Of Left Foot  
Pushing Left Knee Out  
28                        Step Forward On Ball Of Right Foot Push Right Knee Out  
29-30                  Cross Left Over Right, Take A BIG Step Back On Right  
31-32                  Step Left By Right, Step Forward On Right

### **A5: ROCK, RECOVER, ½ SHUFFLE TURN, STEP, ¼ PIVOT, CROSS, POINT**

33-34                  Rock Forward On Left, Recover On Right  
35&36                  Making ½ Turn Left Stepping Left, Right, Left 9:00  
37-38                  Step Forward On Right, ¼ Pivot Left 6:00  
39-40                  Cross Right Over Left, Point Left To Left

### **A6: SYNCOPATED WEAVE, ¾ MONTEREY TURN**

41&42                  Cross Left Behind Right, Step Right To Right, Cross Left Over Right  
&43&44                  Step Right To Right, Cross Left Behind Right, Step Right To Right, Cross Left Over Right  
45-46                  Point Right To Right, Make ¾ Turn Right Stepping Right By Left 3:00  
47-48                  Point Left To Left, Step Left By Right

## **RHYTHM (Part B - Chorus... "We Got Legs")**

### **PART B – CHORUS – 36 COUNTS**

**B1: STEP FORWARD OUT, OUT, STEP BACK IN, IN, SHUFFLE FORWARD X 2**

- 1-2 Step Right Diagonally Forward To Right Pushing Right Hip Out , Step Left To Left Pushing Left Hip Out  
3-4 Step Back On Right, Step Left By Right  
5&6 Step Forward On Right, Step Left By Right, Step Forward On Right  
**- OPTION: BARREL ROLL HANDS ON SHUFFLES**  
7&8 Step Forward On Left, Step Right By Left, Step Forward On Left

**B2: STEP, ½ PIVOT, ¾ TURN, JAZZ BOX**

- 9-10 Step Forward On Right, ½ Pivot Left 09:00  
11-12 Making ½ Turn Left Step Back On Right, Making ¾ Turn Left Step Left To Left 12:00  
13-14 Cross Right Over Left, Step Back On Left  
15-16 Step Right To Right, Step Left By Right

**B3: SYNCOPATED CROSSING TOE SWITCHES X 3, CROSS, BACK, SIDE, CROSS SHUFFLE**

- 17&18& Touch Right Toe Over Left Foot, Step Right By Left, Touch Left Toe Over Right Foot, Step Left By Right  
19&20 Touch Right Toe Over Left Foot, Step Right By Left, Cross Left Over Right  
21-22 Step Back On Right, Step Left To Left  
23&24 Cross Right Over Left, Step Left To Left, Cross Right Over Left

**B4: HIP BUMPS, ELVIS KNEES, HINGE TURN, POINT, HOLD**

- 25-26 Stepping Left To Left Bumping Hips Twice To Left,  
27-28 Transfer Weight To Right Bumping Hips Twice To Right,  
29-30 Transfer Weight To Left Turning Right Knee To Left Leg, Transfer Weight To Right Turning Left Knee To Right Leg  
31-32 Transfer Weight To Left Turning Right Knee To Left Leg, Transfer Weight To Right Turning Left Knee To Right Leg  
33 On Ball Of Left Foot Make ½ Turn Left Pointing Right Toe To Right 06:00  
34-35-36 Hold For Three Counts - Dance Ends Here Facing Front Wall

**REPEAT Counts 1-32 Of Part B****TAG: AFTER PART B AT END OF 2 ND FULL SEQUENCE - FACING 6:00****ROCK, RECOVER, ½ TRIPLE TURN X2**

- 49-50 Rock Forward On Right, Recover On Left  
51&52 ½ Triple Turn Right Stepping Right, Left, Right 12:00  
53-54 Rock Forward On Left, Recover On Right  
55&56 ½ Triple Turn Left Stepping Left, Right, Left 6:00

Contact ~ Email: [alan@alanbirchall.com](mailto:alan@alanbirchall.com) - Website: [www.alanbirchall.com](http://www.alanbirchall.com)

For bookings or information contact: Alan Tel: + 44 (0) 1204 654503 (UK)

Dance Sheet Prepared By: Alan G. Birchall - D&G and BWDA Fully Qualified Instructor

---