

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 ¼ 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

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