Mannequin Silhouette



拍数: 104 编数: 0 级数: Phrased - Fun for all Levels

编舞者: Trizia Ruggiero (UK) - December 2016

音乐: Silhouette - Tom Odell



This dance has a long intro, there are 36secs and then a hard beat kicks in-count intro from this point 32 counts.

SEQUENCE A/B/A/B/TAG/ B/TAG

SECTION A: 80 counts A1 –SIDE MAMBOS

1&2	Rock R to side- weight onto ball of L- replace R beside L
3&4	Rock L to side – weight onto ball of R- replace L beside R
5&6	Rock R to side –weight onto ball of L- replace R beside L
7&8	Rock L to side – weight onto ball of R- replace L beside R

A2 -JAZZ BOX TOE STRUTS

1-2	Cross R toe over L- step heel down
3-4	step L toe back- step heel down
5-6	Step R toe to side – step heel down
7-8	Step L toe beside R- step heel down

A3- MONTEREY HALF TURNS

1-2-3-4	Point R to side-half turn over R- point L to side- place L beside R
5-6-7-8	Point R to side – half turn over R- point L to side- Place L beside R

A4- REPEAT A1

A5-REPEAT A2

A6- MONTEREY QUARTER TURN/ MONTEREY HALF TURN

1-2-3-4	Point R to side –quarter turn over R- point L to side – Place L beside R [3.00]
5-6-7-8	Point R to side- half turn over R- point L to side- place L beside R [9.00]

A7- ROCK HALF TURN SHUFFLE X2

1-2	Rock forward on R –replace weight onto L making half turn R
3&4	step forward R-step L behind R- step R forward
5-6	Rock forward on L – replace weight onto R making half turn L
7&8	step forward L- step R behind L- step L forward

A8- ROCK COASTER X2

1-2	Rock forward on R- replace weight onto L
3&4	step R back [3] weight onto ball of L [&] step R forward [4]
5-6	Rock forward on L- replace weight onto R
7&8	step back on L[7] weight onto ball of R [&] step forward on L

A9- REPEAT A7

A10- HALF TURN KICK BALL CHANGES-JAZZ BOX QUARTER TURN

5-8	Cross R over L-step back on L- step R to R side making quarter turn R – Step L beside R
3&4	Kick R forward [3] weight onto ball of L [&] replace weight onto R [4] making quarter turn L
1&2	Kick R forward [1] weight onto ball of L [&] replace weight onto R[2] making quarter turn L

SECTION B: 24 counts B1- VINE- FULL TURN

1-4 Step R to R side- step L behind R- step R to R side- touch L beside R

5-8 Make a full turn to the L

B2- NIGHT CLUB- RUMBA BOX[1ST 4 COUNTS]

1&2 Step R to R side [1] Rock back on L[&] replace L beside R 3&4 Step L to L side[3] Rock back on R [&] replace R beside L

5-6 Step R to R side –step L beside R7-8 step R back – step L beside R

B3- RUMBA BOX [2ND 4 COUNTS] SLIDE -TOUCH- HIP BUMPS

1-2 Step L to L side- step R beside L3-4 Step forward on L – step R beside L

5-6 Step R to R side- slide L up to R with a touch

7&8 Bump hips R-L-R

TAG

Hold your position for 32 counts [MANNEQUINS]

Bump hips R-L

Hold your position for 32 counts [MANNEQUINS]

END DANCE BY HOLDING POSITION

This dance has been inspired by my fun loving students who enjoy playing pranks on their instructor

Have Fun!

Contact: colinthebusdriver@hotmail.com