

Tongue Tied Up

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Tongue Tied - Earl : (iTunes)



Start time. 8 count intro. On vocals

S1: CHARLESTON x2.

1-2-3-4 Touch R toe fwd, step R foot back, touch L toe back, step fwd on L
5-6-7-8 Repeat above 4 counts.

S2: SIDE SWITCHES HITCH CROSS x2. □□

1&2&3&4 Point R toe to R side, step R next to L, point L to L side, step L next to R, point R to R side, hitch R leg, cross R over L
5&6&7&8 Repeat above 4 counts starting with L point. Weight will end on L.

S3: TURNING RUMBA BOX BACK

1&2-3&4 Step R to R side, step L next to R, starting to make 1/4 turn to L step back on R, finishing your 1/4 turn step L to L side, step R next to L, step fwd on L.
5&6-7&8 Repeat above 4 count. (6)

S4: SYNCOPATED FWD LOCKS, MAMBO, COASTER

1&2&3&4 Step fwd to slight R diagonal on R, lock L behind R, fwd on R, step L fwd to slight L diagonal, lock R behind L, L fwd to L diagonal, step fwd on R.
5&6-7&8 Mambo fwd on L, coaster with R.

S5: "TIPPY TOES" TO SIDES, ROCK REPLACE x2

1&2&3-4& Small side step to L with L, step R next to L, small side step to L, R next to L, small side step to L, rock back on R, replace weight to L
5&6&7-8& Repeat above 4 counts to R side leading with R.

(Note: The above 8 counts should be done on the balls of your feet, its quick so take small side steps. Put some hips into it too!) □

S6: CROSS POINT x2, BACK LOCKS

1-2-3-4 Point L toe to L side, cross L over R, point R toe to R side, cross R over L.
5&6&7&8 Step back on L, lock R over L, step back on L, lock R over L, step back on L, lock R over L, step back on L.

(Note: On the back locks you will end up facing your L diagonal, 4 o'clock.

Option. As you do the locks back push both arms fwd on the step back & bring them in on the lock, as though you're pushing yourself backwards! Just for fun! □

S7: COASTER STEP, WALK WALK, ROCK 1/4 TURN R STEP, WALK WALK.

1&2-3-4 Facing 4 o'clock do a R coaster step, walk fwd, LR
5&6-7-8 Straighten up to the 6 o'clock wall & rock L to L side, make 1/4 turn R stepping fwd on R, step fwd on L, walk fwd RL (9)

S8: MAMBO, COASTER, TURNING BALL STEPS

1&2-3&4 Mambo fwd on R, coaster step with L
5&6&7-8 Starting to make a 3/4 turn R in a circular motion step fwd on R, step L next to R, step fwd on R, step L next to R, step fwd on R, step fwd on L now facing 6 o'clock wall. To start dance again!

Ending: In the music he will sing a load of double dutch! You'll know it when you hear it!. He sings that section 3 times. On the 3rd time that will be your last wall. You'll get to the last 4 counts, the turning ball steps, keep turning it to the right until you end up at the front, it will be 1 3/4 with a Taa Daa!! Just have fun with it. Xx

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