

All In One

拍数: 64 墙数: 4 级数: Beginner
编舞者: Lisa McCammon (USA) - January 2018
音乐: Any song in the 115-130 bpm range, suggestions below



Clockwise rotation; Start weight on L

Choreographer's note: I wrote this to review basic steps that students learn in my beginner session. Together with other AB and easy beginner dances, I teach this as separate 32-count dances over the month. I use different songs for each one because it's not about the music—it's about learning the steps. When we put them together I teach them in this order, so they have less to think about in the second half of the dance. We go slowly through the steps and I don't tell them until we've finished that they did 64 counts. At that point, they often applaud and ask to do it again—woo hoo!

S1: BUMP R, R, BUMP L, L, SIDE, TOUCH, SIDE, TOUCH

- 1-4 Step R to side bumping hips R, R; leaning onto left, bump hips L, L
5-8 Step onto R, touch L home; step L to side, touch R home

S2: BASIC R, TOUCH, BASIC L ¼, TOUCH

- 1-4 Step R to side, close L, step R to side, touch L home
5-8 Step L to side, close R, turn left ¼ [9] stepping forward L, touch R home

S3: REVERSE RUMBA BOX

- 1-4 Step R to side, close L, step back R, touch L home
5-8 Step L to side, close R, step forward L, HOLD

S4: K STEP

- 1-4 Step R forward to right diagonal, touch L home, step L back to left diagonal, touch R home
5-8 Step R back to right diagonal, touch L home, step L forward to left diagonal, touch R home

(When done separately, this 32 count section is a 2-wall dance.)

S5: VEE STEP, ROCKING CHAIR

- 1-4 Step R forward to right diagonal, step L to side, step R back and to center, close L
5-8 Rock R forward, recover L, rock R back, recover L

S6: VEE STEP, ROCKING CHAIR

- 1-4 Step R forward to right diagonal, step L to side, step R back and to center, close L
5-8 Rock R forward, recover L, rock R back, recover L

S7: STEP, HOLD, TURN, HOLD; STEP, HOLD, TURN, HOLD

- 1-8 Step forward R, HOLD, turn left ¼ [6], HOLD; step forward R, HOLD, turn left ¼ [3], HOLD

S8: HUSTLE WALK

- 1-8 Walk forward R, L, R, kick L forward; walk back L, R, L, touch R home

These songs work with either dance. Some won't phrase evenly, but beginners generally don't notice: You Don't Have To Be A Baby by The Caravelles; Workin' At the Car Wash Blues by Jim Croce; Same Thing Happened To Me by John Prine; Love Train by Glen Rogers; Impossible Heart by Paloma Faith; We Are Family by Sister Sledge; Memphis Women & Chicken by T. Graham Brown; Since You Brought It Up by James Otto; Rescue Me by Fontella Bass. For the holidays, try Merry Christmas Baby by The Beach Boys.