

Dancing

拍数: 56 墙数: 2 级数: Improver
编舞者: Hilary Usher (UK) - February 2018
音乐: Dancing - Kylie Minogue : (amazon)



Intro: start on vocals - No Tags Or Restarts!

Section 1: Heel hook, step hook, step hook, step hold

1 2 Touch R heel forward, hook R across L
3 4 Step R foot forward, hook L behind R
5 6 Step back on L, hook R foot across L
7 8 Step R foot forward, hold 1 count

Section 2: Heel hook, step hook, step hook, step hold

1 2 Touch L heel forward, hook L across R
3 4 Step L foot forward, hook R behind L
5 6 Step back on R, hook L foot across R
7 8 Step L foot forward, hold for 1 count

Section 3: Walk forwards RLR swing heels out and in, walk back RLR swing heels out and in

1 2 Walk forwards RL
3 & 4 Step onto R and swing both heels out and in
5 6 Walk backwards RL
7 & 8 Step back onto R and swing both heels out and in (weight finishing on L)

Section 4: Cross and heel and cross and heel and cross and heel, heel twists RL (Heel jacks)

1 & 2& Cross R over L, step back on L and touch R heel forward, Step R next to L
3 & 4& Cross L over R, step back on R and touch L heel forward and step L next to R
5 & 6& Cross R over L, step back on L and touch R heel forward and step R next to L
7 8 Swing both heels R the L (weight finishing on R)

Section 5: Cross shuffle to Right, rock recover, cross shuffle to L rock ¼ turn to Right

1 & 2 Cross L over R step R to R side cross L over R
3 4 Rock R to R side, recover on L
5 & 6 Cross R over L and step L to side and cross R over L
7 8 Rock L to L side, recover on R making ¼ turn to R (facing 3 o'clock)

Section 6: Full Turn, forward shuffle, rock recover triple full turn

1 2 Step L R making full turn over L shoulder (Easy option – walk LR)

Optional lasso arm movement!

3 & 4 Shuffle forwards LRL
5 6 Rock forward onto R recover onto L
7 & 8 Triple full turn over R shoulder (Easy option – triple step in place)

Section 7: Rock forward recover, ¾ triple turn L, walk R L kick out out

1 2 Rock forward onto L recover on R
3 & 4 ¾ triple turn L stepping LRL Facing 6 o'clock
5 6 Walk forwards RL
7 & 8 Kick R foot diagonally forward and step out R and step out L (weight finishing on L)

START OVER – No tags or restarts

Choreographer - Hilary Usher Email hilusher@hilusher.karoo.co.uk

