

Lolly

拍数: 32 墙数: 2 级数: Beginner
编舞者: Karen Holtom (UK) - May 2018
音乐: My Boy Lollipop - Millie : (iTunes)



I choreographed this simple dance to introduce my Absolute Beginner class to Kick Ball Changes.

Intro: 4 counts. Starts on the word 'Lollipop'

SECT 1: R KICK BALL CHANGE x 2, SIDE TOGETHER SIDE TOUCH

1 & 2 Kick R foot forward, step R in place, step L next to R
3 & 4 Kick R foot forward, step R in place, step L next to R
5 6 7 8 Step R to R side, close L next to R, step R to R side, touch L next to R

SECT 2: L KICK BALL CHANGE x 2, SIDE TOGETHER SIDE TOUCH

1 & 2 Kick L foot forward, step L in place, step R next to L
3 & 4 Kick L foot forward, step L in place, step R next to L
5 6 7 8 Step L to L side, close R next to L, step L to L side, touch R next to L

SECT 3: STEP ½ TURN STEP, HOLD, STEP ½ TURN STEP HOLD

1 2 Step forward on R, pivot ½ turn L
3 4 Step forward on R, Hold (Clap)
5 6 Step forward on L, pivot ½ turn R
7 8 Step forward on L, Hold (Clap)

(Alternative easier Section 3 for new dancers)

SECT 3: ROCK FORWARD, RECOVER, STEP BACK, HOLD, ROCK BACK RECOVER, STEP FORWARD, HOLD

1 2 Rock forward on R, recover on L
3 4 Step back on R, Hold (Clap)
5 6 Rock back on L, recover on R
7 8 Step forward on L, Hold (Clap)

SECT 4: PADDLE ¼ TURNS L x 2, JAZZ BOX

1 2 Step forward on R, Pivot ¼ turn L
3 4 Step forward on R, Pivot ¼ turn L
5 6 7 8 Cross R over L, step back on L, Step R to R side, step L next to R