

Single-Minded

拍数: 32 墙数: 4 级数: Improver
编舞者: Sebastiaan Holtland (NL) - July 2018
音乐: Single Minded - Anna Mae : (iTunes & other mp3 sites)



Introduction: 8 counts (slow), start on approx 06 sec. - No Tags Or Restarts.

Part 1. [1-8] Side, Behind with Knee Lift R 1/8 turn L, Replace, Behind with Knee Lift R, Cross with 1/8 Turn R, Back with 1/4 Turn R, Jump Both Feet Apart, Coaster Step R.

- 1 Step R to R (1).
2&3 Make 1/8 turn L (10.30) step L behind R and lift R knee up (2), Step R back in place (&), Step L slightly back and lift R knee up (3).
4 Make 1/8 turn R (12.00) step R across L (4).
5&6 Make 1/4 turn R (3.00) step L slightly back (5), Make 1/4 turn R (6.00) jump both feet apart ending weight onto L (&6).
7&8 Step R back (7), Step L beside L (&), Step R fwd (8).

PART 2. [9-16] Step L with 1/4 turn L, 1/2 Sweep Turn L, Sailor Step L, Heel & Toe Swivel R with Touch R, Heel Jack L with Touch R.

- 1,2 Make 1/4 turn L (3.00) step L slightly fwd (1), Continue a 1/2 turn L (9.00) step R slightly back and sweep L from front to back (2).
3&4 Step L behind R (3), Step R to R (&), Step L to L (4).
5&6 Swivel R heel in L (5), Swivel L toe in to L (&), Touch R slightly fwd beside L (6).
&7&8 Step R diagonal slightly back (&), Touch L heel diagonal forward (7), Step L back in place (&), Touch R beside L (8).

PART 3. [17-24] Syncopated Hip Bumps R, L, R, Chasse L with 1/4 Turn L, 1/2 Syncopated Pivot Turn L, Step, Hold, Together, Step.

- 1&2 Step R to R and bump R hip to R (1), Bump L hip to L (&), Bump R hip to R (2).
3&4 Step L to L (3), Step R beside L (&), Make 1/4 turn L (6.00) step L fwd (4).
5&6 Step R fwd (5), Pivot 1/2 turn L (12.00) over L (&), Step R fwd (6).
7&8 Hold (7), Step L beside R (&), Step R fwd (8).

PART 4. [25-32] Side, Touch / Point / Touch (syncopated), Side Rock / Recover with 1/4 Turn L, Step, Hitch, Step, Coaster Heel Touch R Fwd.

- 1&2& Step L to L (1), Touch R beside L (&), Point R out to R (2), Touch R beside L (&).
3,4 Rock R to R (3), Make 1/4 Turn L (9.00) recover back onto L (4).
5&6 Step R fwd (5), Hitch L knee up (&), Step L slightly fwd (6).
7&8 Step R back (7), Step L beside R (&), Touch R heel fwd holding weight onto L (8).

REPEAT DANCE AND HAVE FUN!!

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