

My 5678

拍数: 96 墙数: 1
编舞者: Mayee Lee (MY) - August 2018
音乐: 5,6,7,8 - Steps : (3:28)

级数: Phrased Beginner



Intro: Start after 16 counts or start at 0.07 seconds

Sequence of dance : AB ABC ABC B Tag AB AA

Part A (32 counts)

Section A1 : Swivel To R & Clap, L Heel, Together, R Heel, Together, L Heel, Hook L

1 – 4 Twist both heels to R(1), twist both toes to R(2), twist both heels to R(3), hold with clap(4)
5&6&78 Touch L heel forward(5), step L beside R(&), touch R heel forward(6), step R beside L(&),
touch L heel forward(7), hook L(8)

Section A2 : Repeat Mirror Step for Section 1 (Part A)

Section A3 : R Side, L Together, R Side, L Touch, L Side, R Together, L Side, R Touch

1 – 4 Step R to R(1), step L beside R(2), step R to R(3), touch L beside R(4)
5 – 8 Step L to L(5), step R beside L(6), step L to L(7), touch R beside L(8)

Section A4 : Modified Apple Jack L & R, R Side, Hold, L Side, Hold

&1&2 Step R to R(&), touch L heel to diagonal L(1), step L beside R(&), step R beside L(2)
&3&4 Step L to L(&), touch R heel to diagonal R(3), step R beside L(&), step L beside R(4)
5 - 8 Sway R to R(5), hold & clap R butt(6), sway L to L(7), hold & clap L butt(8)

Part B (32 counts)

Section B1 : Vine Step To R, 1/8 Turn R Bounce x4

1 - 4 Step R to R(1), step L behind R(2), step R to R(3), step L beside R(4)
5 – 8 1/8 turn R jump both feet together (1.30)(repeat 3 times) (5-8) - 6.00

Section B2 : Repeat Section 1 (Part B) - 12.00

Section B3 : R Forward, Recover L, R Forward, Touch L Back, ½ Turn L & Kick L, L Back, R Back, Recover L

1 – 4 Rock R forward(1), recover on L(2), rock R forward(3), touch L back(4)
5 – 8 ½ turn L kick L & step on R(5)(6.00), step L back(6), step R back(7), recover on L(8) - 6.00

Section B4 : Swivel R, Swivel L, Cross R, Unwind ½ Turn L, Hold With Roll Shoulder R L

1&2 3&4 Twist both heels to R L R(1&2), twist both heels to LRL(3&4)
5 – 8 Cross R over L(5), unwind ½ turn L weight on L(6)(12.00), hold(7-8)(Roll shoulder back R & L)

Part C (32 counts)

Section C1 : R Side, Flick L, L Side, Hitch R, R Side Shuffle, L Back, ¼ Turn R

1 – 4 Step R to R(1), flick L behind R(2), step L to L(3), hitch R(4)
5&6 78 Step R to R(5), step L beside R(&), step R to R(6), step L behind R(7), ¼ turn R step R
forward(8) - 3.00

Section C2 : L Forward, Pivot ½ Turn R, Cross L, Touch R, Cross R, Touch L, L Forward, Pivot ¼ Turn R

1 – 4 Step L forward(1), pivot ½ turn R step on R(2)(9.00), cross L over R(3), touch R to R(4)
5 – 8 Cross R over L(5), touch L to L(6), step L forward(7), ¼ turn R step on R(8) - 12.00

Section C3 : Repeat Mirror Step for Section 1 (Part C)

Section C4 : Repeat Mirror Step for Section 2 (Part C)

Tag (32 counts)

Section 1 : R Diagonal, Touch L, L Diagonal, Touch R, R Back Diagonal, L Touch, L Back Diagonal, R Touch

- 1 – 4 Step R to diagonally R(1), touch L beside R(2), step L to diagonally L(3), touch R beside L(4)
5 – 8 Step R back to diagonally R(5), touch L beside R(6), step L back to diagonally L(7), touch R
 beside L(8)

Section 2 : Syncopated Cross Shuffle To L

- 1 – 4 Cross R over L(1), step L to L(2), cross R over L(3), step L to L(4)
5 – 8 Cross R over L(5), step L to L(6), cross R over L(7), hold(8)

Section 3 : Repeat Mirror Step for Section 2 (Tag Part)

Section 4 : Modified Apple Jack L & R, Full Turn L With Touch

- &1&2 Step R to R(&), touch L heel to diagonal L(1), step L beside R(&), step R beside L(2)
&3&4 Step L to L(&), touch R heel to diagonal R(3), step R beside L(&), step L beside R(4)
5 – 8 ¼ turn L touch R to R(5)(9.00), ¼ turn L touch R to R(6)(6.00), ¼ turn L touch R to
 R(7)(3.00), ¼ turn L touch R to R(8)(12.00)

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