

Triple ABC

拍数: 48 墙数: 1 级数: Improver
编舞者: John Woodhouse Jr. - August 2018
音乐: ABC by ABC Remix



Sequence: AA BB AA AA BB BA AA

Part A: 32 counts

A1: Cross Steps and Points

1-4 Step fwd R across L, Tap L to side, Step fwd L across R, Tap R to side
5-8 Step fwd R across L, Tap L to side, Step fwd L across R, Tap R to side

A2: HOOD WALKS, COASTER TAP, LEFT 1/4 PIVOT

1&2 Step R behind L, Weight fwd onto L, Weight back onto R
3&4 Step L behind R, Weight fwd onto R, Weight back onto L
5&6, 7-8 Step back on R, Recover weight to L, Tap R beside L, Step R fwd, 1/4 Pivot to Left (weight on R)

A3: WEAVE, KICK, TOE STRUTS

1&2&3&4& Step L across R, Step R to Right side, Step L behind R, Step R to side, Step L across R, Step R to side, Kick L to diagonal Left, Step L down
5-8 Step Right toe across L, Heel down, 1/4 turn Left as you Step Left toe to Left side, Heel down

A4: ROCK EASY (2X), COASTER STEP

1-4 Step R fwd, Rock back on L, Step R back, 1/2 Pivot to Right
5-8 Step R back, 1/2 Pivot to Right, Step Right Back, Recover on Left, Tap R to Right side [or Tap R beside L].#

Part B: 16 counts

B1: VINE R WITH TAPS, COASTER STEP WITH TIC, COASTER WITH HITCH, RUN FORWARD WITH RIGHT FOOT TAPS

1&2&3 Step R to Right, Step L behind R, Step R to Right, Tap L beside R, Step down on L, Tap R beside L
4&5 Step Back on Right, Recover weight back on L, Right Tic (Lift R leg behind Left calf with toes pointing down)
&6& Step Back on Right, Recover weight to L, Scuff Right and Hitch Right foot, bending knee,
7&8& Step forward R, Step fwd L, Tap R foot in front twice

B2: RUN BACK WITH TAPS, COASTER, 1/2 TURN SAILOR

1&2&3&4 Step Back R, Step Back L, Tap R once beside L, Step Back R, Step Back L, Tap R once beside L, Tap R to Right side
5&6 Step Back R behind L, Recover weight to L, Step R beside L
7&8 Step L behind R turning 1/4 to Left, Step R beside L, Step L beside R turning 1/4 to Left

When tapping the right foot at the end of Part A, tap to the side when beginning on 12 o'clock, tap beside L when starting on 6 o'clock.

*The fifth time you dance Part B, replace the 1/2 turn sailor with a coaster step, to start part A facing 12 o'clock.

The dance will finish after the toe struts in Part A

Submitted by - Steve Cavanaugh: steve@apple blossom.net