

Sixteen

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - May 2019
音乐: Sixteen - Ellie Goulding : (iTunes, amazon)



Start: On Lyrics Seconds: 9 Counts: 16 BPM: 110

SYNCOPATED SIDE ROCKS, SYNCOPATED WEAVE, ¼ TURN

1-2 Rock Right To Right, Recover On Left
&3-4 Step Right By Left, Rock Left To Left, Recover On Right
5&6 Cross Left Behind Right, Step Right To Right, Cross Left Over Right
&7-8 Step Right To Right, Cross Left Behind Right, Making ¼ Turn Right, Step Forward On Right
03:00

STEP, ½ PIVOT, KICK BALL STEP, ROCK, RECOVER, BEHIND, SIDE, CROSS

9-10 Step Forward On Left, ½ Pivot Right 09:00
11&12 Kick The Left Foot Forward, Step Left By Right, Step Forward On Right
13-14 Rock forward On Left, Recover On Right
15&16 Cross Left Behind Right, Step Right To Right, Cross Left Over Right

(Dance Ends Here Facing 12:00 - Point R To R)

SYNCOPATED ¼ MONTEREY TURN, POINT, ¼ TWIST TURN, BACK LOCK STEP, TOUCH BACK, UNWIND

17&18 Touch right To Right, Making A ¼ Turn Right Step Right By Left, Touch Left To Left 12:00
&19-20 Step Left By Right, Point Right To Right, Twist ¼ Turn Right (Weight On Left) 03:00
21&22 Step Back On Right, Lock Left Over Right, Step Back On Right
23-24 Touch Left Toe Bock, Unwind ½ Turn Left (Weight On Left) 09:00

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, STEP BACK, DRAG

25-26 Rock Forward On Right, Recover On Left
27&28 Step Back On Right, Step Left By Right, Step Forward On Right Alternative: Full Triple Turn Right
29-30 Rock Forward On Left, Recover On Right
31-32 Take A Big Step Back On Left, Drag Right Beside Left (Weight On Right)

DOROTHY STEPS, ROCK, RECOVER, ¾ TRIPLE TURN

33-34& Step Forward On Left, Lock Right Behind Left, Step Forward On Left
35-36& Step Forward On Right, Lock Left Behind Right, Step Forward On Right
37-38 Rock Forward On Left, Recover On Right
39&40 Make A ¾ Triple Turn Left Stepping Left, Right, Left 12:00

JAZZ BOX, CROSS, HINGE TURNS

41-42 Cross Right Over Left, Step Back On Left
43-44 Step Right To Right, Cross Left Over Right
45-46 Touch Right To Right, Hold – Click Fingers High
47-48 Transfer Weight To Right Make ½ Turn Right, Touch Left To Left, Transfer Weight To Left
Click Fingers High 06:00

HEEL BALL CROSS X2, ROCK, RECOVER, BEHIND, ¼ STEP

49&50 Touch Right Heel Forward, Step Right By Left, Cross Left Over Right
51&52 Touch Right Heel Forward, Step Right By Left, Cross Left Over Right
53-54 Rock Right To Right, Recover On Left

55&56 Cross Right Behind Left, Making $\frac{1}{4}$ Turn Left Step Forward On Left, Step Forward On Right
03:00

POINT CROSS X2, ROCK, RECOVER, COASTER CROSS

57-58 Point Left To Left, Cross Left Over Right

59-60 Point Right To Right, Cross Right Over Left

61-62 Rock Forward On Left, Recover On Right

63&64 Step Back On Left, Step Right By Left, Cross Left Over Right Alternative: Full Triple Turn Left

Tag Here: At End Of Wall 2 Facing 06:00

START AGAIN

TAG & RESTART: At End Of Wall 2 Facing 06:00

RIGHT ROCKING CHAIR

1-2 On A Slight Diagonal Rock Forward On Right, Recover On Left

3-4 On A Slight Diagonal Rock Back On Right, Recover On Left

Last Update - 1 June 2019

Contact: Email: alan@alanbirchall.com - Website: <http://www.alanbirchall.com>
