AB Can't Read My



拍数: 32 墙数: 1 级数: Absolute Beginner

编舞者: Janet Cummings (USA) - May 2019

音乐: Poker Face - Lady Gaga



Intro: 40 Count (Start on Lyrics)

No Tags or Restarts

SECTION 1: WALK FORWARD R, L, R, L POINT TO SIDE; WALK BACK L, R, L, R POINT TO SIDE

1, 2, 3, 4 Walk Forward R, L, R, Point L Toe to Left 5, 6, 7, 8 Walk Back, L, R, L, Point R Toe to Right

SECTION 2: R STEP FORWARD, L POINT, L STEP FORWARD, R POINT, HIP SWAYS X4

1, 2, 3, 4 R Step Forward, L Point to Side; L Step Forward, R Point to Side

5, 6, 7, 8 Sway Hips Right Left, Right, Left

SECTION 3: R STEP BACK, L POINT, L STEP BACK, R POINT; HIP SWAYS X4

1, 2, 3, 4 R Step Back, L Point, L Step Back, R Point

5, 6, 7, 8 Sway Hips Right, Left, Right, Left

SECTION 4: R ROCK TO SIDE, L RECOVER, R HEEL TAP, BRUSH FORWARD; JAZZBOX

1, 2 Rock R to Right, L Recover

3, 4 R Heel Tap, Brush/Scuff Forward

5, 6, 7, 8 R Cross Step Over L, L Step Back, R Step to Side, L Step Forward

This AB (Absolute Beginner) series of dances was written for inexperienced dancers everywhere. Dancers: Learning Line Dance Terminology is paramount to your success as a Line Dancer. Remember, use Small Steps, be friendly and courteous, follow floor etiquette, and most important – HAVE FUN! Note: Thanks to feedback, I know this Series is being used for Seniors, Floor splits, and with a little imagination (1/4 turn at the end) they are also being used as Beginner Dances. Woot!

Studies show that Dance enhances Physical and Mental health! Lord, let us keep on moving.

Contact: jcummings246@aol.com