

Dixie Biscuits

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Rex Allott (UK) - October 2019
音乐: Dixie Biscuits (feat. Henrik Wager) - Tape Five



Intro - 16 beats from 'Lookout'.

Sequence A,B,A,B(1-4)A,A,B,A,B,B,A,A,B,B,C

A. 32c

A1: One Foot Heel Swivels R,L,R, One Foot Heel Swivels L,R,L, Charleston Step

1&2 Lift R Foot, Bend R Knee 90#, Swivel L Heel R,L,R, Including R Leg, Hips & Arm Movements
2&4 Repeat Above Using L Foot, Swivel R Heel
5-6 Step R Forward, Kick L Forward
7-8 Step L Back, Swing R Back

A2. Tap R to R x 2, Back Step Cross, Tap L to L x 2, Back Step 1/4 Turn R

1-2 Tap R to R Side x 2
3&4 Step R Behind L, Step L to L, Step R Next To L
5-6 Tap L to L Side x 2
5&6 Step L Behind R, Step L Back Turning 1/4 Turn R, Step L Next to R

A3. Heel Fans R,L, Step R Forward (heel, toe), L fwd mambo step, R coaster step

1&2& Heel Fans R,L, Step R Heel Forward
3&4& Step R heel fwd, drop toe
5&6 Step Forward on L step R on the spot, step back on L
7&8 Step Back on R, step L on the spot, step R fwd

A4. Heel Fans L,R, Step L Forward (heel, toe), R fwd mambo step, L coaster step

1&2 Heel Fans L,R,
3-4 Step L heel fwd, drop toe
5&6 Step Forward on R, step L on the spot, step back on R
7&8 Step Back on L, step R on the spot, step L fwd

B. 16c

B1: Chasse R, Step L Back, Recover R, Full Turn R, Chasse L

1&2 Step R to R Side, Step L Next to R, Step R to R Side
3-4 Step Back on L, Recover on R
5-6 Step Forward on L Making 1/2 Turn R, Step Back on R Making 1/2 Turn R
7&8 Step L to L Side, Step R Next to L, Step L to L Side

B2: Chasse L, Step R Back, Recover L, Full Turn L, Chasse R

1&2 Step L to L Side, Step R Next to L, Step L to Left Side
3-4 Step Back on R, Recover on L
5-6 Step Forward on R Making 1/2 Turn L, Step Back on L Making 1/2 Turn L
7&8 Step R to R Side, Step L Next to R, Step R to R Side

C. 16c

C1: Shuffle 1/4 turn L x 3, step fwd, back R, L

1&2 Step L over R, step R to R, step L next to R
3&4&5& Rpt 1&2 x 2
6-8 Step fwd R,L, step back R, L

C2: V-Step, Step Forward L,R

- 1-2 Step L Diagonally Out L, Step R Diagonally Out R
- 3-4 Step L Diagonally In, Step,R Diagonally in
- 5-6 Step L Forward, Step R Forward, Spread Arms. Finish

Last Update: 26 Nov 2023
