

D-D-Dance

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Maddie Bee (USA) - October 2018
音乐: Dance - Rascal Flatts : (3:21)



Intro: 24 counts begins on lyrics
Phrased Dance (A,B,C,Tag 1,A,B,C,C,Tag 2,A,B,C,C,Tag 2)

PART A: (48 counts)

A1:

1,2 Step R foot forward, Point L toe to L
3,4 Step L foot forward, Point R toe to R
5,6 Step R foot forward, Pivot ½ turn L and hitch L knee up
7,8 Step back on L foot, Pivot ½ turn L (weight remains on L foot)

A2:

1,2 Step R foot back, Pop L knee up
3,4 Step L foot back, Pop R knee
5&6 Step R foot back, Hook L foot over R foot, Step Right foot back
7&8 Step L foot back, Close R foot next to L foot, Step L foot forward

A3:

1,2 Walk R foot forward to L diagonal, Walk L foot forward to L diagonal
3&4 Step R foot forward, Hook L foot behind R, Step R foot forward
5,6 Step L foot forward, Pivot ½ Turn R stepping forward onto R foot
7,8 Step L foot forward, Pivot ½ turn L stepping back on R foot

A4:

1&2 Step L foot backward, Lock right foot over left, Step L foot backward
3,4 1/8 turn right rocking R foot to R, Replace weight to L foot
5,6 Cross R foot over L, Step L foot side left
7&8 1/8 turn right stepping R foot back, Close L foot to R foot, Step R foot forward

A5:

1,2 Walk L foot forward to R diagonal, Walk R foot forward to R diagonal
3&4 Step L foot forward, Hook R foot behind L, Step L foot forward
5,6 Step R foot forward, Pivot ½ Turn L stepping forward onto L foot
7,8 Step R foot forward, Pivot ½ turn R stepping back on L foot

A6:

1&2 Step R foot backward, Lock L foot over R, Step R foot backward
3,4 1/8 turn left rocking L foot to L, Replace weight to R foot
5,6 Cross L foot over R, Step R foot side right
7&8 1/8 turn left stepping L foot back, Close R foot to L foot, Step L foot forward

PART B: (32 Count)

B1:

1&2 1/8 turn right stepping R foot forward, turn ¼ turn to the right stepping back on L foot, step R foot next to L foot
3&4 ¼ turn left hooking L foot behind R, ¼ turn left stepping R foot next left, step left foot next to R
5&6 ¼ turn to the left stepping R foot to the right, ¼ turn left stepping left foot back, step R foot next to L foot

7&8 3 heel bounces in place

B2:

1&2 Touch L heel forward, step L foot next to R, touch R heel forward
&3&4 Step R foot next to left, ¼ turn left stepping L foot down, step right with R foot, cross L foot over R
5,6 Step R foot to R, Hook L foot behind R
&7&8 Step R foot to R, touch L heel diagonal forward, Step L foot next to R, cross R foot over L

B3:

1,2 Step side L with left foot, ½ turn right stepping side R
3,4 ½ turn R stepping side L, Kick R heel back
5,6 Step side R with R foot squatting low, Step L foot next to R foot (rising up)
7,8 Step R foot side R swaying hips to right, Sway hips to the left taking weight to left foot

B4:

1,2 ¼ turn L stepping R foot to right (kicking L heel back), Step L foot down to L
3,4 ¼ turn L stepping R foot to right (kicking L heel back), Step L foot down to L
5,6 ¼ turn L stepping R foot to right (kicking L heel back), Step L foot down to L
&7,8 ¼ turn L stepping R foot next to left, Hop on two feet to R, Hop on two feet to L

Part C: (16 Counts)

C1:

1,2 Touch R foot to left diagonal, touch R foot side right
3&4 ¼ turn right hooking R foot behind L, ¼ turn right stepping L foot next to right, Step R foot in place
5&6 Rock L foot diagonal right, replace weight to R foot, Step L foot next to right foot
7&8 Rock R foot diagonal left, replace weight to L foot, Step R foot next to left foot

C2:

1,2 Point L foot to right diagonal, point L foot side left
3&4 Hook L foot behind R foot, Step R foot side right, Replace weight to L foot
5&6&8 Step R foot forward, 1/8 turn L replacing weight to L foot, Step R foot forward, 1/8 turn L replacing weight to L foot
7&8 Step R foot forward, 1/8 turn L replacing weight to L foot, Touch R foot next to left foot

Tag 1: (4 Counts)

1,2 Step R foot forward, pivot ½ turn left stepping forward to L foot
3&4 Kick R foot forward, step down on ball of right foot next to left foot, change weight to L foot

Tag 2: (2 Counts)

1,2 Step R foot forward, pivot ½ turn left stepping forward to L foot

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