

AB 88

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Janet Cummings (USA) - February 2020
音乐: Blue Finger Lou - Anne Murray : (Album: Together - 2:42)



Intro: 16 Counts - No Tags or Restarts

NOTE: AB 88 is choreographed as such, #18 in my Series. However, BEGINNER option is noted.

R CROSS STEP, L TOE TAP, L STEP, R STEP; L CROSS STEP, R TOE TAP, R STEP, L STEP

1, 2, 3, 4 R Cross Slightly over L, L Tap Behind, L Step, R Step

5, 6, 7, 8 L Cross Slightly over R, R Tap Behind, R Step, L Step

R STEP, L TOE TAP BEHIND, L STEP, HEEL TAP FORWARD X2

1, 2, 3, 4 R Step, L Toe Tap Behind, L Step, R Heel Tap Forward

5, 6, 7, 8 R Step, L Toe Tap Behind, L Step, R Heel Tap Forward

R STEP DIAGONALLY FORWARD, L CLOSE, DOUBLE HEEL PUMPS, L STEP DIAGONALLY BACK, RIGHT CLOSE, DOUBLE HEEL PUMPS

(Pumps are easier if Knees are BENT a little)

1, 2, 3, 4 R Step Diagonally Forward, L Follow; With Both Feet Together Quickly Raise up on Balls of Both Feet, Drop Heels (Twice)

5, 6, 7, 8 L Step Diagonally Back, R Follow; With Both Feet Together Quickly Raise up on Balls of Both Feet, Drop Heels (Twice)

R SKATE, HOLD, L SKATE, HOLD, R SKATE, HOLD, L SKATE, HOLD (SKATES ARE DONE ALMOST IN PLACE)

1, 2 R Skate to Right, Hold,

3, 4 L Skate to Left, Hold

5, 6 R Skate to Right, Hold

7, 8 L Skate to Left, Hold

NOTE: To make this a BEGINNER DANCE, the 4th Count in Section 1 is a ¼ Right Turn (no other changes needed).

*****New Steps today...Tapping, Heel Bounces, Skates Right and Left**

Have Fun! How? Learn the Terminology, Respect Floor Etiquette, and RELAX, you got this!

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