

Big Spoon

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Silvia Schill (DE) - April 2016
音乐: The Big Spoon - Jo Hikk



Start with the 1st beat

INTRO: 32 counts

Heel, Hold, Toe, Hold, Paddle ¼, Paddle ¼ 2x

- 1-2 Right heel tap forward, hold
- 3-4 Right toe tap back, hold
- 5-6 Right toe tap forward, ¼ turn left onto balls, weight on left
- 7-8 Right toe tap forward, ¼ turn left onto balls, weight on left

Heel, Hold, Toe, Hold, Paddle ¼, Paddle ¼ 2x

- 1-2 Right heel tap forward, hold
- 3-4 Right toe tap back, hold
- 5-6 Right toe tap forward, ¼ turn left onto balls, weight on left
- 7-8 Right toe tap forward, ¼ turn left onto balls, weight on left

Grapevine R, Heel, Hook, Heel, Hold

- 1-4 Step RF to right side, cross LF behind RF, step RF to right side, tap LF beside RF
- 5-8 Left heel tap forward, cross LF in front of the RF, tap left heel forward, hold

Grapevine L, Heel, Hook, Heel, Hold

- 1-4 Step LF to left side, cross RF behind LF, step LF to left side, tap RF beside LF
- 5-8 Right heel tap forward, cross RF in front of the LF, tap right heel forward, hold

Dance

Scissor Step, Hold R + L

- 1-4 Step RF to right side, LF beside RF, RF cross over LF, hold/snap
- 5-8 Step LF to left side, RF beside LF, LF cross over RF, hold/snap

Grapevine R with ½ Turn Hitch, Grapevine L with Touch

- 1-4 Step RF to right side, cross LF behind RF, step RF to right side, lift left knee with a ½ turn right
- 5-8 Step LF to left side, cross RF behind LF, step LF to left side, tap RF beside LF

Restart: in the 3th passage stop here and start again with the dance

Swivet R, Swivet L ¼ Turn, Rock Back r, 2 x Kick R

- 1-2 Swivet on the left heel and the right ball, turn the left toe to the left side, at the same time turn the right heel to the right side, turn back
- 3-4 Swivet on the right heel and the left ball, turn the right toe to the right side, at the same time the left heel to the left side, LF set down (do'nt turn back)

Option Swivel: Turn both heels to the right side, turn back, turn both heels to the left side, LF set down/ don't turn back)

- 5-8 Step back with RF, LF slightly up, weight back on LF, 2x kick forward with the RF

Locking Shuffle R, Hold, Step ¼ Turn, Cross, Hold

- 1-4 Step forward with RF, LF cross behind RF, step forward with RF, hold
- 5-8 Step forward with LF, ¼ turn right, LF cross over RF, hold

Weave R, Side Rock R, Cross R, Hold

- 1-4 Step RF to right side, LF cross behind RF, step RF to right side, LF cross over RF
- 5-8 Step RF to right side, weight back on LF, RF cross over LF, hold

Weave L, Side Rock L, Cross L, Hold

1-4 Step LF to left side, RF cross behind LF, step LF to left side, RF cross over LF

5-8 Step LF to left side, weight back on RF, LF cross over RF, hold

Paddle ¼, Paddle ¼, Shuffle R, Hold

1-2 Right toe tap forward, ¼ turn left onto balls, weight on left

3-4 Right toe tap forward, ¼ turn left onto balls, weight on left

5-8 Step forward with the RF, cross LF behind RF, step forward with the RF, hold

Point Slap Point L, hold, Sailor ¼ Turn L, Hold

1-4 Point the left toe on left side, lift and cross the LF behind the RF and clap the right hand on the left heel, point the left toe on left side, hold

5-8 LF cross behind RF, ¼ turn left, step RF to right side, step forward with LF, hold

Start again and happy dancing!

For any errors in the translation there is no guarantee!

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