

# Six

拍数: 32      墙数: 4      级数: High Improver WCS  
编舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - October 2020  
音乐: 123 - Jess Glynne : (iTunes, etc. - 3:10)



**Intro: 16 counts from very first beat in music (app 11. secs into track). Start with weight on L foot**  
**\*\*2 easy restarts: On walls 3 and 6 (both start at 6:00). Restarts happen after 20 counts, facing 12:00 each time**

**Ending: Wall 10 is your last wall (starts at 9:00). Do the first 16 counts, you're now facing 3:00.**  
**Once you finish your heel swivels you look to the front wall on count 17**

**[1 - 8] R step lock step, L fwd, R hitch, R back slide, L coaster step, ¼ L C hip bump**

1&2            Step R fwd (1), lock L behind R (&), step R fwd (2) 12:00  
&3 - 4        Step L a small step fwd (&), hitch R knee (3), step R a big step back sliding L towards R (4) 12:00  
5&6            Step back on L (5), step R next to L (&), step fwd on L (6) 12:00  
7&8            Turn 1/4 left hitching R knee bumping R hip up to right (7); Step R toe to right returning hips to L hip (&); Lower R heel shifting weight to R bumping R hip down into a sit position (8) ... 9:00

**Styling: lift your L heel off the floor on count 8**

**[9 - 16] ¼ L fwd, ½ L, shuffle ½ L, R&L heel switches, fwd R, swivels heels**

1 - 2            Turn ¼ L stepping L fwd (1), turn ½ L stepping back on R (2) 12:00  
3&4            Turn ¼ L stepping L to L side (3), step R next to L (&), turn ¼ L stepping fwd on L (4) 6:00  
5&6&          Touch R heel fwd (5), step R next to L (&), touch L heel fwd (6), step L next to R (&) 6:00  
7&8            Place R foot fwd (7), swivel both heels R (&), swivel heels back to centre (8) ... weight L 6:00

**[17 - 24] 1/8 R chassé touch, 1/8 L side step L, R flick, weave, ¼ L fwd, R together, knee pop**

1&2&          Turn 1/8 R stepping R to R side (1), step L next to R (&), step R to R side (2), touch L next to R (&) 7:30  
3 - 4          Turn 1/8 L stepping L a big step to L side sliding R towards L (3), flick R foot up and out to R side (4) ... Styling: allow body to open up to L diagonal ... 6:00

**\* Restarts: On walls 3 and 6, facing 12:00 each time**

5&6            Cross R over L (5), step L to L side (&), cross R behind L (6) 6:00  
&7            Turn ¼ L stepping fwd on L (&), step R next to L (7) 3:00  
&8            Lift both heels of the floor popping knees fwd (&), step down on heels (8) ... weight on L 3:00

**[25 - 32] R shuffle back, L coaster step, syncopated R&L step touches, V step**

1&2            Step back on R (1), step L next to R (&), step back on R (2) 3:00  
3&4            Step back on L (3), step R next to L (&), step fwd on L (4) 3:00  
&5&6          Step R a small step to R side (&), touch L next to R (5), step L a small step to L side (&), touch R next to L (6) 3:00  
&7&8          Step R fwd to R diagonal (&), step L fwd to L diagonal (7), step R back to centre (&), step L next to R (8) 3:00

**Start again**

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