AB California Dreamin'



编舞者: Janet Cummings (USA) - 19 July 2021

音乐: California Dreamin' - The Mamas & The Papas



Intro: 16 Counts...Begin on the word "Brown" - No Tags/Restarts

Weight on Left

SECTION 1: STEP. BRUSH. STEP BRUSH: ROCK. RECOVER. STEP BACK X2

1, 2, 3, 4 R Step Forward, L Brush, L Step Forward, R Brush 5, 6, 7, 8 R Rock Forward, L Recover, R Step Back, L Step Back

SECTION 2: RIGHT COASTER STEP, POINT, STEP, CROSS TOUCH, STEP, POINT

1, 2, 3, 4 R Step Back, L Step Together, R Step Forward, L Toe Point Forward

5, 6 L Step to Center, R Cross Touch7, 8 R Step to Center, L Toe Point Forward

Note: Beginners + for counts 4 & 8 try a Kick Forward instead of a Point

SECTION 3: LEFT COASTER STEP, POINT, STEP, CROSS TOUCH, STEP, POINT

1, 2, 3, 4 L Step Back, R Step Together, L Step Forward, R Toe Point Forward

5, 6 R Step to Center, L Cross Touch7, 8 L Step to Center, R Toe Point Forward

Note: Beginners + for counts 4 & 8 try a Kick Forward instead of a Point

SECTION 4: CROSS, FLICK, STEP, STEP; CROSS, FLICK, STEP, STEP

1, 2, 3, 4 R Cross Over L with Weight, L Flick (Bend Knee-Raise Foot, Toe Faces toward Floor), L Step. R Step to side

5, 6, 7, 8 L Cross Over R with Weight, R Flick (Bend Knee-Raise Foot, Toe Faces toward Floor), R Step, L Step to side

***NOTE: To make this dance a 4 - Wall Beginner, you need change only step 4.

Begin with a Cross, Flick, Step, then turn 1/4 Right and Step R to Side for Count 4!

NOTE: Hi Dancers, and thank you for joining me. Today we are enjoying #25 of our Absolute Beginner Series. New dance to an old favorite...how exciting!

This series is all about finding your comfort space on the floor. With each dance I try to add a new step, or manipulate an already learned step...to add to your dancing enjoyment. Remember the keys to making your journey successful...start with small steps, learn the terminology, and always be courteous on the dance floor. Above all...have FUN, that's why you're there!

Steps Covered today are...Step, Brush, Rock, Recover, Right and Left Slow Coaster Step with Points, Cross Touch, Cross Steps, and Flicks...enjoy! See you next time, God bless.

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Last Update - 22 July 2021