Sweet Parade

拍数: 48

级数: Intermediate

编舞者: Wendie Smith (USA) - March 2022

音乐: Ain't Mary Jane - Jenny Tolman

Count In: Starts almost immediately on the word "Ain't" Notes: NO TAGS OR RESTARTS!!

11 - 8] STEP. ROCK. RECOVER. TRIPLE. STEP. ROCK. RECOVER

- 123 Step RT to side, Rock LT back, recover to RT 12:00
- 4 & 5 Step LT forward, step RT next to LT, step LT forward 12:00
- 678 Step RT forward, rock LT forward, recover RT 12:00

[9 - 16] ½ TURN, HITCH, ½ TURN, HITCH, SWAY BACK, FRONT. BIG STEP. DRAG

- 1/2 turn over left stepping LT forward, hitch RT 6:00 12
- 34 ¹/₂ turn over left stepping RT back, hitch LT 12:00
- Step LT back pushing hips back, push hips forward (weight ends on RT) 12:00 56
- Big step forward on LT, drag RT to LT (weight ends on LT) 12:00 78

[17 - 24] CROSS, BACK, BACK, CROSS, BACK, BACK, CROSS, BACK, ¼ TURN, STEP SIDE

- 1&2 Cross RT over LT, step back LT, step back RT 12:00
- 3&4 Cross LT over RT, step back RT, step back LT 12:00
- 56 Cross RT over LT, step back LT 12:00
- 78 1/4 turn right stepping RT to side, step LT to side 3:00

[25 - 32] SAILOR, SAILOR, FULL TURN, WALK, WALK

- Cross RT behind LT, step LT side, step RT side 3:00 1&2
- 3&4 Cross LT behind RT, step RT side, step LT side (use count 4 to prep for turn) 3:00
- 56 1/2 turn right stepping RT forward, 1/2+ turn right stepping LT back (over rotate this turn to end at 10:30) 5:30
- 78 Walk forward at diagonal, RT, LT 5:30

[33 - 40] TOE STRUT, TOE STRUT, SUGAR STEPS (aka swivel skates)

- 12 Touch RT toe forward at a diagonal, drop heel 5:30
- 34 Touch LT toe forward at a diagonal, drop heel 5:30
- 56 Twist RT foot out while stepping right, twist LT foot out while stepping left 5:30
- 78 Twist RT foot out while stepping right starting 1/8 turn to right, twist LT foot out while stepping left and finishing the 1/8 turn 12:00

[41 - 48] MODIFIED JAZZ ¼, MODIFIED ½ MONTEREY

- 12 Cross RT over LT, Step LT back 12:00
- & 3 & 4 Step on ball of RT, cross LT over RT, step on ball of RT making 1/4 turn right, cross LT over RT 9:00
- 56 Touch RT to side, make 1/2 turn over right stepping on RT 3:00
- 7 & 8 Rock LT to side, recover on RT, cross LT over RT 3:00

See ya on the dance floor





墙数:4