

Dance About It

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Helaine Norman (USA) - December 2022
音乐: Dance About It - Meghan Trainor



Intro: Short intro, on word "dance"
Tag and restart: 2

I. SHUFFLE ½ L TURN, ROCK RECOVER; SHUFFLE ½ R TURN, ROCK RECOVER

1&2 Step R forward making 1/4 turn left (9:00), step L together, step R back making ¼ turn left (6:00)
3-4 Rock L back, recover to R
5&6 Step L forward making ¼ turn right (9:00), step R together, step L back making ¼ turn right (12:00)
7-8 Rock R behind, recover to L

Optional for I. (with no turns): Lindy R & L

II. MODIFIED CHARLESTON; ROCK RECOVER, CROSSING SHUFFLE

1-2 Step R side, kick L over
3-4 Step L side, touch R together
***Tag & restart here: Wall 7 & 8**
5-6 Rock R side, recover to L
7&8 Step R over, step L together, step R over

III. MODIFIED CHARLESTON; ROCK RECOVER, CROSSING SHUFFLE

1-2 Step L side, kick R over
3-4 Step R side, touch L together
5-6 Rock L side, recover to R
7&8 Step L over, step R together, step L over

IV. CHASSE ¼ R TURN, PIVOT 1/2 R TURN; SHUFFLE, KICK BALL CHANGE

1&2 Step R side, step L together, step R forward making ¼ turn right (3:00)
3-4 Step L forward making 1/2 turn right, weight to R (9:00)
5&6 Step L forward, step R together, step L forward
7&8 Kick R forward, step on R ball, recover to L

REPEAT

TAG & RESTART: The tags & restarts are both at 6:00. After 12 counts, during wall 7 & 8: Sway R L R L (4 counts), restart.

ENDING: After 24 counts, during wall 12, facing 9:00, making ¼ turn right, step R forward (12:00)

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