

Spare

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Rex Allott (UK) - January 2023
音乐: Sausalito Summernight (LP Version) - Diesel



Sequence - Ax2,Bx2,A,Bx2,C,A,Bx4,C,D,A,Bx3,A,Bx3,C,D,C,D,C,4 beat pause,Ax2,Bx2,A,Bx2
Intro - 32 counts

A.

S1. R out, in x 2, step R fwd, back, R toe, heel scuff

1&2. Step R out, in, out
3&4. Step R in, out, in
5-6. Step R fwd, back
7&8. Scuff R toe fwd, R heel fwd, return

S2. L out, in x 2, step L fwd, back, 1/4 R turn coaster cross.

1&2. Step L out, in, out
3&4. Step L in, out, in
5-6. Step L fwd, back
7&8. Turning 1/4 R step L behind R, step R fwd, step L next to R

B.

S1. R fwd, back x 2, R out, in, R coaster step

1-4. Step R fwd, back x 2
5-6. Step R out, in
7&8. Step R back, step L on spot, step R next to L

S2. L fwd, back x 2, R out, in, 1/4 L turn L coaster cross.

1-4. Step L fwd, back x 2
5-6. Step L out, in
7&8. Turning 1/4 L step L behind R, step R fwd, step L next to R

C.

S1. Turn 1/8 R step fwd R, L, R fwd shuffle, step L fwd, R back, L back shuffle turning 1/8 L

1-2. Turning 1/8 R step R fwd, step L next to R
3&4. Step R fwd, step L behind R, step R fwd
5-6. Step L fwd, R back
7&8. Step L back, step R in front of L, turning 1/8 L step L back

S2. Turn 1/8 L step fwd L, R, L fwd shuffle, step R fwd, L back, R back shuffle turning 1/8 R

1-2. Turning 1/8 L step L fwd, step R next to L
3&4. Step L fwd, step R behind L, step L fwd
5-6. Step R fwd, L back
7&8. Step R back, step L in front of R, turning 1/8 R step R back

D.

S1. Chasse R, L coaster step, full shuffle turn R, chasse L

1&2. Step R to R, step L next to R, step R to R
3&4. Cross L behind R, step R on spot, return L next to R
5&6. Making full turn R step L, R, L
7&8. Step L to L, step R next to L, step L to L

S2. Chasse L, R coaster step, full shuffle turn L, chasse R

- 1&2. Step L to L, step R next to L, step L to L
- 3&4. Step R behind L, step L on spot, return R next to L
- 5&6. Making a full turn L step R, L, R
- 7&8. Step R to R, step L next to R, step R to R

I have unashamedly pinched the title from 'the ginger whinger' as it does feature in the lyrics.
