Signed Sealed Delivered



拍数: 32 墙数: 4 级数: Improver

编舞者: Sandy Carty Hodges (USA) - June 2023 音乐: Signed Sealed Delivered - Jackson Breit



Intro: 32 ct. No tags/No restarts

(also works very well with same song by Stevie Wonder)

SECTION ONE: STOMP. HEEL TAPS RIGHT. HIP BUMPS WALKING FORWARD.

1-4 Stomp forward on right foot and tap heel 3 times,

5&6,7&8 (moving forward) Bump hips L-R-L, then R-L-R. (12:00)

SECTION TWO: 1/4 TURN RIGHT, CROSS SHUFFLE, 3/4 LEFT, STEP RIGHT ON RIGHT FOOT, BACK ON LEFT FOOT, STEP BACK ON RIGHT FOOT, LEFT HEEL FORWARD.

1,2,3&4 Step forward on left foot, ¼ right, step on right foot, cross left over right and shuffle L-R-L.

(3:00)

5-8 Step to right on right foot, making \(^3\) turn left, stepping on left foot, step back on right foot,

put left heel forward. (6:00)

SECTION THREE: WIZARD STEPS RIGHT AND LEFT, ½ TURN LEFT, ¼ LEFT

Step back on left for" &", step diagonal right on right, step left toe behind right foot, step on &1,2&, 3,4&

right foot, Step diagonal left, step right toe behind left foot, step on left foot. (6:00)

Step forward on right foot, making ½ turn left stepping on left foot, step forward on right foot 5-8

making ¼ turn left putting weight on left foot. (9:00)

SECTION FOUR: TOES TAPS, SIDE BEHIND SIDE, CROSS, HOLD.

With weight on left foot, tap right toe to the right, tap right toe forward, tap right toe to the 1-4

right, tap right toe forward. (9:00)

Step to right on right foot, step left foot behind right foot, side to side on right foot, cross left 5,6, & 7,8

foot over right foot and hold.

E.O.D. Start the dance again. (sandyutah82@gmail.com)

(thanks to Nola for the inspiration of great songs)