

Dirty Dancing

拍数: 128 墙数: 1 级数: Phrased Intermediate
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音乐: Dirty Dancing - Time of My Life (Remix)



Seq : A1 , Tag , B , B(32) , A1,Tag, B,B(16) , A1 , A2 , Tag , B(32)ending

Part A1

S1. STEP FORWARD - HITCH - BACK STEP TOUCH (R-L)

1-2 Step R Forward - Hitch L
3-4 Step L Back - Step R Back Touch
5-6 Step R side - Step L behind Touch
7-8 Step L side - Step R Behind Touch

S2. SWITCHES HEEL -BALL - FORWARD -CLOSE - V STEP - UNWIND.

1&2& R Heels touch forward ,Step R Inplace , L Heels touch forward, step L Inplace
3-4 Step R ball forward - Step L beside R
5-6 Step R Diagonal - Step L Diagonal
7-8 Touch R behind L - 1/2 turn Right Weight on L

S3. STEP FORWARD - HITCH - BACK STEP TOUCH (R-L)

1-2 Step R Forward - Hitch L
3-4 Step L Back - Step R Back Touch
5-6 Step R side - Step L behind Touch
7-8 Step L side - Step R Behind Touch

S4. SWITCHES HEEL -BALL - FORWARD -CLOSE - V STEP - UNWIND.

1&2& R Heels touch forward ,Step R Inplace , L Heels touch forward, step L Inplace
3-4 Step R ball forward - Step L beside R
5-6 Step R Diagonal - Step L Diagonal
7-8 Touch R behind L - 1/2 turn Right Weight on L

Part A2

S1. STEP FORWARD WITH BOUNCE - THE SMURF

1-2 Step R Forward with Bounce (01.30) - Step L Forward.
3-4 Step R Forward with Bounce (01.30) - Step L Forward.
5-6 Tap R to side (With Hands R Forward Rolling) - R close beside L.
7-8 Tap L to side (With Hands L Forward Rolling) - L close beside R.

S2. BART SIMPSON BACK DIAGONAL - THE REEBOK 1/2 TURN.

1-2 Step slide R to Right back diagonal with left and L bend elbow to the Left - Close together with booth arm create L shape.
3-4 Step slide L to Left back diagonal with Right and R bend aelbow to the Right - Close together whit booth arm create R shape.
5-6 Step R to forward L in Hook Shape - Step L backward R Knee Up. 7&8 Step R Forward - Step L Cross Behind - Step R Back with 1/2 turn right.

S3. GRAPEVINE WITH HITCH AND ROCKING (R-L).

1-2 Step R Side - Step L Behind.
3-4 Step R Side - L Knee Up with Rocking.
5-6 Step L Side - Step R Behind.
7-8 Step L Side - R Knee Up with Rocking.

S4. SHOULDER UP (R-L) - 1/2 TURN LEFT - SHOULDER UP (R-L).

- 1-2 R Shoulder Up - L Shoulder Up.
3&4 R Shoulder Up - L Shoulder Up - R Shoulder Up.
4-5 1/2 Turn LEFT R Shoulder Up - L Shoulder Up.
7&8 R Shoulder Up - L Shoulder Up - R Shoulder Up.

Part B**I. WALK FWD , ROCK RECOVER , 1/2 TURN RIGHT 2X**

- 1234 Step R fwd , Hold , Step L fwd , Hold
5-6 Rock R fwd , Recover on L
7-8 1/2 turn right step R fwd , Step L fwd

II. WALK FWD , ROCK RECOVER , 1/2 TURN RIGHT 2X

- 1234 Step R fwd , Hold , Step L fwd , Hold
5-6 Rock R fwd , Recover on L
7-8 1/2 turn right step R fwd , Step L fwd

III. 1/4 TURN LEFT , CROSS SIDE , BEHIND , SWEEP , SIDE

- 1-2 1/4 turn left step R to side , Hold
3-4 Cross L over R , Step R to side
5-6 Cross L behind R , Sweep on R
7-8 Cross R behind L , Step L to side

IV. UNWIND 3/4 WITH REVERSE TURN

- 1234 Cross R over L , 3/4 turn right (slow turn)
5678 Reverse turn with Ronde sweep

V. CROSS POINT SIDE 2X , SAILOR STEP 2X

- 1-2 Cross R behind L , point L to side
3-4 Cross L behind R , point R to side
5&6 Cross R behind L , Step L to side , Step R slightly to side
7&8 Cross L behind R , Step R to side , Step L slightly to side

VI. PUSH DIAGONAL FWD 2X WITH BUMP

- 1234 Step R push diagonal fwd , Recover on L , Step R diagonal fwd , touch L to R
5678 Step L push diagonal fwd , Recover on R , Step L diagonal fwd , touch R to L

VII. ROCK FWD , COASTER STEP , ROCK FWD , STEP DRAG

- 1-2 Rock R fwd , Recover on L
3&4 Step R back , Close L to R , Step R fwd
5-6 Rock L fwd , Recover on R
7-8 Step L back , Step drag R toward to L

VIII. BACK , PREPARATION TURN , FULL TURN , WALK FWD

- 1234 1/4 turn right step R to side with prep (2count) , hold , 1/4 turn left step L fwd
5-6 1/2 turn left step R back , 1/2 turn left step L fwd
7-8 Walk fwd on R - L

TAG : 8 COUNT (Freeze With Any Pose)
