

AB - Touch By Touch

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Wallace Benoit (CAN) - September 2024
音乐: Touch by Touch - Joy
或: Cold Heart (PNAU Remix) - Elton John & Dua Lipa



Alternate Music: Cold Heart - Elton John & Dua Lipa

Intro: Start on word "feel"

Purpose: To teach "Shuffles", "Rock/Recover", "Step/Point" to my AB class.

Shuffle Right - Rock - Recover - Shuffle Left - Rock - Recover

1&2 Step RF to Right (1) - Step LF next to RF (&) - Step RF to Right(2)
3-4 Rock LF Back (2) - Recover on RF
5&6 Step LF to Left (5) - Step RF next to LF (&) - Step LF to Left (6)
7-8 Rock RF Back (7) - Recover on LF

Grapevine Right - Grapevine Left

1-4 Step RF to Right Side, Cross LF Behind RF, Step RF to Right Side, Hitch L Knee
5-8 Step LF to Left Side, Cross RF Behind LF, Step LF to Left Side, Hitch R Knee

Heel Jacks - Rocking Chair

1-4 Tap Right Heel Forward, Step RF next to LF, Tap Left Heel Forward, Step LF next to RF
5-8 Step RF Forward, Recover Weight on LF, Step RF Back, Recover Weight on LF

Step Forward & Point (2) - Step Back & Point - Step Back & Touch

1-4 Step RF Forward, Point LF to Left Side, Step LF Forward, Point RF to Right Side
5-8 Step RF Back, Point LF to Left Side, Step LF Back, Touch RF next to LF

Note: To change to a 4-wall dance REPLACE Step Back & Touch WITH Step LF 1/4 Left & Touch
