

A Lesser Challenge

拍数: 120 墙数: 0 级数: Phrased Intermediate
编舞者: William Sevone (UK)
音乐: I Feel Lucky - Mary Chapin Carpenter



Sequence: AB, CB, AB, CB, AD, AB, EB

SECTION A

SHUFFLE FORWARD, SIDE ROCKS, SHUFFLE BACK, SIDE ROCKS

1&2 Step forward onto right foot, close left foot behind right, step forward onto right foot
3-4 Rock step left foot to left side, rock step right foot to right side
5&6 Step backwards onto left foot, close right foot in front of left, step backwards onto left foot
7-8 Rock step right foot to right side, rock step left foot to left side

CROSS STEP, ½ TURN LEFT, CROSS SHUFFLE RIGHT, SIDE ROCK, RECOVER, CROSS SHUFFLE LEFT

9-10 Cross step right foot over left, unwind ½ turn left (keep weight on right foot)
11&12 Cross step left foot over right, step right foot behind left, cross step left foot over right
13-14 Rock step right foot to right side, recover onto left foot
15&16 Cross step right foot over left, step left foot behind right, cross step right foot over left

SIDE STEP, ½ TURN RIGHT, CROSS SHUFFLE RIGHT, SIDE ROCK, RECOVER, CROSS SHUFFLE LEFT

17-18 Step left foot to left side, on ball of left foot turn ½ right - stepping right foot to right side
19&20 Cross step left foot over right, step right foot behind left, cross step left foot over right
21-22 Rock step right foot to right side, recover onto left foot
23&24 Cross step right foot over left, step left foot behind right, cross step right foot over left

¼ TURN RIGHT FOOT SWITCH, FOOT SWITCH, FOOT SWITCH WITH TOE TOUCH, HOLD

25 Stepping left foot to left side turn ¼ right with right toe pointing upwards
&26 Step right foot next to left, touch left heel forward
&27 Step left foot next to right, touch right heel forward
&28 Step right foot next to left, with knee bent touch left toe forward
29 Hold

2X FOOT SWITCHES, FOOT SWITCH WITH TOE TOUCH, HOLD

&30 Step left foot next to right, touch right heel forward
&31 Step right foot next to left, touch left heel forward
&32 Step left foot next to right, with knee bent touch right toe forward
33 Hold

PLACE FORWARD TOE HEEL STRUT, 2X FORWARD TOE HEEL STRUTS, STEP FORWARD

&34-35 Place right foot to floor, step forward onto left toe, drop left heel to floor
36-37 Step forward onto right toe, drop right heel
38-39 Step forward onto left toe, drop left heel
40 Step forward onto right foot

½ TURN RIGHT BACK TOE HEEL STRUT, 2X BACK TOE HEEL STRUTS, SAILOR SHUFFLE

41-42 Turning ½ right on ball of right foot-step back onto left toe, drop left heel
43-44 Step back onto right toe, drop right heel
45-46 Step back onto left toe, drop left heel
47&48 Step right foot behind left, step left foot next to right, step right foot to right side

SAILOR SHUFFLE, SCUFF, CROSS STEP, SCUFF, SHUFFLE FORWARD, STEP FORWARD

- 49&50 Step left foot behind right, step right foot next to left, step left foot to left side
51-52 Scuff right foot diagonally forward left, cross step right foot over left
53 Scuff left foot forward
54&55 Step onto left foot, close right foot behind left, step forward onto left foot
56 Step forward onto right foot

SECTION B 2X HIP ROLLS

- 1-4 Stepping left foot to left side (keeping weight central) roll hips in circle to the left over four counts
5-8 (Keeping weight central) roll hips in circle to the right over four counts

Style note: bend at knees and place hands on front of thighs - make the moves sultry.

SECTION C

- 1-24 Repeat Section A counts 1-24

SECTION D

SHUFFLE FORWARD, SIDE ROCKS, SHUFFLE BACK, SIDE ROCKS

- 1&2 Step forward onto left foot, close right foot behind left, step forward onto left foot
3-4 Rock step right foot to right side, rock step left foot to left side
5&6 Step backwards onto right foot, close left foot in front of right, step backwards onto right foot
7-8 Rock step left foot to left side, rock step right foot to right side

CROSS STEP, ½ TURN RIGHT, CROSS SHUFFLE LEFT, SIDE ROCK, RECOVER, CROSS SHUFFLE RIGHT

- 9-10 Cross step left foot over right, unwind ½ turn right (keep weight on left foot)
11&12 Cross step right foot over left, step left foot behind right, cross step right foot over left
13-14 Rock step left foot to left side, recover onto right foot
15&16 Cross step left foot over right, step right foot behind left, cross step left foot over right

SIDE STEP, ½ TURN LEFT, CROSS SHUFFLE LEFT, SIDE ROCK, RECOVER, CROSS SHUFFLE RIGHT

- 17-18 Step right foot to right side, on ball of right foot turn ½ left - stepping left foot to left side
19&20 Cross step right foot over left, step left foot behind right, cross step right foot over left
21-22 Rock step left foot to left side, recover onto right foot
23&24 Cross step left foot over right, step right foot behind left, cross step left foot over right

SECTION E

- 1-40 Repeat Section A counts 1-40
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