Let's Have A Party

拍数: 48

级数: Intermediate contra dance

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音乐: Let's Have A Party - The Sugar Bees

This dance is dedicated to The Shag-Beach-Bop-Etc. Inc. Savannah, Ga

KNEE ROLLS WITH ATTITUDE, FOOT SWITCH, TRIPLE STEP

- 1-2 Roll right knee out and back in with attitude
- 3-4 Roll left knee out and back in with attitude
- 5& Touch right heel forward, & step right foot beside left
- 6 Touch left heel forward
- 7&8 Step left next to right, step right, step left

SAILOR STEP IN PLACE, SAILOR STEP ¼ TURN LEFT, 2 STEP PIVOT LEFT ½ TURNS

- 1&2 Cross step right foot behind left, step on ball of left foot, step right foot next to left
- 3&4 Cross step left foot behind right, step on ball of right foot turn 1/4 to left, step left foot next to right
- 5-6 Right step forward, pivot 1/2 left shifting weight left
- 7-8 Right step forward, pivot ¹/₂ left shifting weight left

SYNCOPATED SIDE STEP TO RIGHT, SYNCOPATED SIDE STEP TO LEFT

- 1& Step right foot to right side, step left foot next to right
- 2& Step right foot to right side, step left foot next to right
- 3& Step right foot to right side, step left foot next to right
- 4 Step right foot to right side
- 5& Step left foot to left side, step right foot next to left
- 6& Step left foot to left side, step right foot next to left
- 7& Step left foot to left side, step right foot next to left
- 8 Step left foot to left side

Contra style: both lines will merge together with claps and split again

1-STEP PIVOT LEFT ½ TURN, STEP ¼ TURN LEFT, ROLL RIGHT KNEE, ROLL LEFT KNEE

- 1-2 Right step forward, pivot 1/2 left shifting weight left
- 3-4 Right step forward, ¼ turn left shifting weight left
- 5-6 Roll right knee out and back in with attitude
- 7-8 Roll left knee out and back in with attitude

2 FORWARD SHUFFLES, ½ TURN LEFT, 2 BACK SHUFFLES

- 1&2 Right shuffles (right-left-right) forward
- 3&4 Left shuffles (left-right-left) forward
- 1/2 turn on ball of left foot, right shuffle (right-left-right) moving backwards 5&6
- 7&8 Left shuffle (left-right-left) moving backwards

Contra style: both lines will switch places

2 TOE STRUTS, 4 COUNT TWIST MOVING FORWARD

- 1-2 Step forward on ball of right foot, drop heel
- 3-4 Step forward on ball of left foot, drop heel
- 5-6 Cross right over left, cross left over right moving forward twisting
- 7-8 Cross right over left, cross left over right moving forward twisting

After the 3rd repetition, add 2 extra toe struts to finish the music pattern. This will be the only time you will do these extra steps



墙数: 2

REPEAT

This dance is fun to do contra style. Begin with 2 lines facing each other. You will switch places on the right & left shuffle steps moving forward.