On The Blink



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Mark Cosenza (USA)

音乐: Why Get Up - The Fabulous Thunderbirds



Vocals start immediately, so dance can start following 2-beat drum intro or 48 counts following it.

STEP LEFT, ROCK RIGHT, RECOVER, RIGHT SIDE SHUFFLE

1-3 Step down on left, rock right in front of left, recover4&5 Step side right, step together left, step side right

CROSSOVER LEFT, STEP RIGHT, LEFT COASTER WITH 1/4 TURN

6-7 Rock left in front of right, recover

8&1 Making ¼ turn left, step back on left, step right beside left, step left forward

ROCK RIGHT, RECOVER, RIGHT SIDE SHUFFLE, CROSSOVER LEFT, STEP RIGHT, LEFT COASTER

2-3 Rock right in front of left, recover

4&5 Step side right, step together left, step side right

6-7 Rock left in front of right, recover

8&1 Mini-sweep left back behind right, step right beside left, step forward left

ANGLE FORWARD RIGHT, BRUSH LEFT TO RIGHT, ANGLE FORWARD LEFT, STEP LEFT, RIGHT, LEFT, REPEAT

2 Step right forward angle right

Bring left to right foot and slightly brush to left side (of foot) keeping weight on right

4&5 Angling forward left, step left, right, left

6 Switch to angle right and step down on right,

7 Bring left to right foot and slightly brush to left side (of foot) keeping weight on right

8&1 Angling forward left, step left, right, left

TOUCH BACK RIGHT, ½ TURN, RIGHT COASTER, FORWARD LEFT, RIGHT, CROSSOVER ¼ PIVOT LEFT-RIGHT-LEFT

2-3 Face forward and touch right back, pivot on left ½ to the right 4&5 Rock back on right, recover on left, step forward on right

6-7 Step forward left, right

8&1 Cross left over right, pivot ¼ left stepping right, left

TOUCH RIGHT DOWN & SIDE RIGHT, STEP RIGHT, SIDE LEFT, STEP RIGHT

2-3 Touch right down, touch right side right

4&5 Step down on right, step side left, step right next to left

TOUCH SIDE LEFT, STEP DOWN LEFT, KICK RIGHT AND STEP BEHIND LEFT

6-7 Touch left side left, step down on left

8& Kick out right angle right and raise right foot (with slight exaggeration)

HOLD, BOB KNEES UP AND DOWN, PIVOT 1/4 RIGHT

1 Step right behind left and bend head down

Hand movement for previous 2 counts: raise right hand as you kick out and point to the ground as left foot is stepped down

2-3 Hold

&4& Using knees, slightly bob down, up, down

5-6 Keeping weight on right, pivot ¼ turn right and straighten back up

7-8 Step left, right
The last 8 counts of the dance coincide with the song break on choreographed music

REPEAT