

Please

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Margaret Warren (AUS)
音乐: Please, Please - Jason McCoy



Won 1st place Int Section Ballarat Choreography Competition, July 2006

KICK FRONT, SIDE, RIGHT SAILOR STEP, BEHIND, UNWIND, RIGHT BACK COASTER

1-2-3&4 Kick right foot forward & to right side, cross right behind left, step left to side, step right in place
5-6 Touch left toes behind right, unwind ½ turn left (weight on left)
7&8 Step back on right, step left together, step forward on right

KICK FRONT, SIDE, LEFT SAILOR STEP, BEHIND, UNWIND, LEFT BACK COASTER

1-2-3&4 Kick left foot forward & to left side, cross left behind right, step right to side, step left in place
5-6 Touch right toes behind left, unwind ½ turn right (weight on right)
7&8 Step back on left, step right together, step forward on left

BEHIND TOE HEEL, SIDE, BEHIND TOE HEEL, ROCK BACK, FORWARD, CROSS SHUFFLE

1-2& Step right toes behind left foot, drop heel with clap, step left to left side
3-4 Step right toes behind left foot, drop heel with clap (claps are optional)
5-6-7&8 Rock back on left, replace on right, cross shuffle left, right, left

The last 8 beats are facing slightly to right diagonal

BACK ¼ TURN, HOLD, FORWARD, ½ TURN, HOLD, PIVOT ½ TURN, STEP RIGHT, LEFT

1-2-3-4 Turning ¼ left step back on right, hold, turning ½ left step forward on left, hold (clap on holds (opt))
5-6-7-8 Step forward on right, pivot ½ turn left, (weight on left) step forward right, step forward left

SWEEP, TOE, HEEL, SWEEP, TOE, HEEL, TWO ½ LEFT PIVOTS

1-2 Sweep right around & touch toes slightly over left, drop heel
3-4 Sweep left around & touch toes slightly over right, drop heel (option: click right fingers with heel drops)
5-6-7-8 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left

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SIDE & SIDE, & BACK, BACK, SIDE & SIDE, & BACK, FORWARD

1&2& Touch right to right side, step right beside left, touch left to left side, step left beside right
3-4 Step back on right, step back on left
5&6& Touch right to right side, step right beside left, touch left to left side, step left beside right
7-8 Rock step back on right, step forward on left

¼ TURN, SIDE, BEHIND, ¼ TURN, SHUFFLE, ½ TURN PIVOT, ¼ TURN SHUFFLE

1-2-3&4 Turning ¼ left step right to right side, step left behind right, turning ¼ right shuffle forward right-left-right
5-6-7&8 Step forward on left, pivot ½ right (weight on right) turning ¼ right shuffle to left side, left-right-left

BEHIND, REPLACE, HEEL, TOES, BEHIND, REPLACE, HEEL, TOES

1-2-3-4 Rock step right behind left, replace on left, touch right heel to right side, drop toes
5-6-7-8 Rock step left behind right, replace on right, touch left heel to left side, drop toes

REPEAT

RESTART

Restart on 4th wall. After completing 40 beats (two ½ pivots)

1-4 Making ¼ left turn to face front, step sway right hip to right side, sway hips left-right-left

ENDING

The dance ends on the 6th wall, finish exactly the same as the restart
