

A Pretty Good Start!

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Cathryn Proudfoot (AUS)
音乐: Add 'Em All Up - Paul Brandt



STEP, PIVOT, STEP, PIVOT

1-2 Step right forward, pivot turn ½ turn over left transferring weight to left
3-4 Step right forward, pivot turn ½ turn over left transferring weight to left

ROCK, REPLACE, BALL-CROSS, TOUCH RIGHT

5-6&7-8 Rock right to side, replace weight to left, step right slightly back, step left over right, touch right toe to side (with weight)

HEEL, TOE, DOUBLE HEEL TAP:

1-2-3-4 Swivel right heel to right, swivel right toe to right, tap right heel in place twice keeping weight on right

Leaning to right for a bit of fun and attitude

LEFT SAILOR STEP, RIGHT SAILOR STEP:

5&6 Step left behind right, step right to side, step left to side
7&8 Step right behind left, step left to side, step right to side

ROCK, REPLACE, ¼ TURN RIGHT, ½ TURN RIGHT:

1-2-3-4 Rock back on left stepping slightly behind right, replace weight to right, turn ¼ right stepping back on left, turn ½ right stepping forward on right

SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK:

5&6-7-8 Shuffle forward on left stepping left forward, right together with left, step left forward, rock step right forward, replace weight back on left

TOE STRUTS BACK WITH FINGER CLICKS:

1-2-3-4 Step back on right toe swinging both arms to left side, drop right heel to floor clicking fingers in time, step back on left toe swinging both arms to right side, drop left heel to floor clicking fingers in time

HIP SWAYS:

5-6-7-8 Step right to side swaying hips to right, transfer weight to left swaying hips to left, transfer weight to right swaying hips to right, transfer weight to left swaying hips to left (let your legs move loosely with these hip sways.)

MONTEREY TURN, ROCK REPLACE

1-2-3-4 Touch right toe to side, turn ½ turn back over right shoulder taking weight on right, rock left to side, replace weight to right

KICK, BALL-STEP, STEP, TOUCH

5&6-7-8 Kick left across in front of right, ball-step left to side, step right to side (your body angles to 45 degrees) step left forward at 45 degrees over right, touch right beside left (you'll be facing between 4 & 5:00)

RIGHT COASTER STEP, PIVOT, ROCK:

1&2-3-4 Right coaster step: step right back, step left back together with right, step right forward, pivot turn ½ turn over left transferring weight to left (you'll be facing between 10 & 11:00), rock step right to side turning 45 degrees left (to straighten up to 9:00 wall)

LEFT COASTER STEP, STEP, SCUFF:

5&6-7-8 Left coaster step: step left back, step right back together with left, step left forward, step right forward, scuff left forward past right

STEP, TOUCH WITH CLAP, HEEL-JACK, HOLD WITH CLICK:

1-2&3-4 Step left forward, touch right together with left clapping hands together, at the same time step back on right, touch left heel forward at 45 degrees, hold for 1 beat clicking fingers of both hands to sides

ROCK BACK, REPLACE, TURN-STEP, TOUCH:

5-6-7-8 Rock step left back, replace weight forward on right, turning ½ turn right, step left back, touch right together with left

SHUFFLE FORWARD, TURN, SHUFFLE BACK:

1&2&3&4 Shuffle forward on right stepping right forward, step left together with right, step right forward, turn ½ turn right, shuffle back on left stepping left back, step right back, together with left, step left back

HEEL-JACK, STEP, TOUCH, DROP AND HEEL:

&5&6-7&8 Step back on right, touch left heel forward, step left together with right, touch right beside left, take weight on right, step back on left, touch right heel forward

REPEAT**TAG**

At the end of walls 2 and 4 (chorus of song)

STEP, PIVOT, STEP, PIVOT

1-2-3-4 Step right forward, pivot turn ½ over left transferring weight to left, step right forward, pivot turn ½ over left transferring weight to left

HIP SWAYS:

5-6-7-8 Step right to side swaying hips to right, transfer weight to left swaying hips, transfer weight to right swaying hips to right, transfer weight to left swaying hips to left

RESTART

During 5th wall, dance up to beat 32 (hip sways) and restart dance

TO FINISH

You'll be dancing beats 37-40 (kick, ball-step, step, touch). There's some big drum beats to finish the song, the first 2 occur with the step, touch. Then there are 3 more drum beats. Turn to face the front taking 3 steps in time with the drum beats stepping right, left, right
