

Romeo

拍数: 32 墙数: 4 级数:
编舞者: Melanie Greenwood (USA)
音乐: Romeo - Dolly Parton



Begin on the 24th count

STEP, BRUSH KICK, ¼ TURN LEFT, STOMP (UP)

- 1 Step right foot forward
- 2 Brush kick left foot forward
- & Lift up left knee, finishing the brush kick started with above count 2
- 3 Step left foot back while making ¼ turn left (facing 9 o'clock)
- 4 Stomp right foot (up), right heel will be approximately beside left instep

¼ TURN RIGHT, OUT, IN, IN, WITH HIP PUSH

- 5 Turn ¼ turn right (facing 12:00 o'clock) by pivoting on the ball of left foot while taking a big step with right foot to the right side, stepping down on the ball of right foot (there will be approximately 10" to 14" between feet). As you step down on the ball of right foot, push hips out to left side (right knee bent, left leg straight, still on ball of right foot)
- 6 Step to left side on ball of left foot (space between feet is slightly wider now). As you step down on ball of left foot, push hips out to right side (left knee bent, right leg straight, now on the balls of both feet, but weight to ball of left foot)
- 7 Step ball of right foot a few inches to the left side (feet are now closer together). As you step down on ball of right foot push hips out to left side (right knee is bent, left leg straight, still on balls of both feet, but weight to ball of right foot)
- 8 Step ball of left foot a few inches to the right side (feet are now closer together, but still spaced approximately 8"-12" apart). As you step down on the ball of left foot, push hips out to right side (left knee is bent, right leg straight)

VINE RIGHT AND DRAG LEFT AND KNEE LIFT

- 9 Step right foot to right side
- 10 Step left foot behind right foot
- 11 Step long step right on ball of right foot. Right heel is off floor
- 12 Drag, or pull, left foot, with toes pointing left, to beside right foot, then, lift left knee up so that upper leg is somewhat parallel to floor, drop right heel to floor as you lift left knee.

FULL TURN SPIN WITH HEEL DROPS AND STOMP

- 13 Step left foot left into ¼ turn left to start full turn spin left. Raise right knee as you spin (facing 9:00 o'clock)
 - 14 Continue into spin, dropping left heel to touch floor as you face 6:00 o'clock, and then immediately raise left heel back up, all on same count
 - 15 Continue into spin, dropping left heel to touch floor as you face 12:00 o'clock
- Steps 13, 14, and 15 are done on the toe/ball of the Left foot, with knee slightly bent**
- 16 Stomp (down) right foot beside left foot

SYNCOPATED TOE AND HEEL TOUCHES

- 17 Extend left leg forward, with knee slightly turned out to the left, touching outside of toe to floor (approximately 10:00 to 11:00 o'clock)
- & Step left foot beside right foot, transferring weight to left foot
- 18 Extend right leg forward, with knee slightly turned out to right, touching outside of toe to floor (approximately 1:00 to 2:00 o'clock)
- & Step right foot beside left foot, transferring weight to right foot

- 19 Extend left leg back, touching toe cross behind right boot. Left knee is slightly bent
& Step left foot beside right foot, transferring weight to left foot
20 Extend right leg back, touching toe cross behind left foot, right knee is slightly bent
& Step right foot beside left foot, transferring weight to right foot
21 Extend left leg out to left side, with knee slightly bent, and pointing in towards right leg, touch toe to floor
& Step left foot beside right foot, transferring weight to left foot
22 Extend right leg out to right side, with knee slightly bent and pointing in towards left leg, touch toe to floor
& Step right foot beside left foot, only make ¼ turn left as you step down, transferring weight to the right foot. Pivot on ball of left foot as you make this step
23 Extend left foot forward and touch heel to floor (facing 9:00 o'clock)
& Step left foot beside right foot, transferring weight to left foot
24 Extend right foot straight back and touch toe to floor (weight is on left foot)

HIP MOVEMENT

- & Bring right foot straight forward beside left foot (do not touch floor), hips should be pushed out to left side
25 Step right toe/ball diagonally forward right (approximately 1:30 to 2:30 o'clock), and, push hips right as you straighten right leg, weight still on ball of foot, heel raised off floor
26 Push off the ball of right foot so that body weight goes to left foot, and push hips to left side
& Bring right foot back beside left foot (do not touch floor), and push hips to left side
27 Step right toe/ball diagonally back right (approximately 4:00 o'clock), and push hips right as you straighten right leg, weight on ball of right foot with right heel raised off floor
28 Push off of ball of right foot so that body weight goes to left foot, and push hips to left side
& Bring right foot forward to beside left foot (do not touch floor), hips should be pushed out to left side
29 Step right ball to right side and roll hips to right side, heel is off floor
30 Roll pelvis/hips to the back and then move hips to left side (do this move by alternating weight to the ball of the right foot, and then to the ball of the left foot)
31 Push hips to the right side, weight to the ball of right foot, heel off floor. As you push your hips right you will also lift hips by straightening right knee, still on the ball of foot with heel off floor
32 Drop, push, hips to left side by bending right knee and shifting weight to left foot

REPEAT
