

# The Show

拍数: 0                      墙数: 4                      级数: Improver  
编舞者: Anita Ludlow (UK)  
音乐: The Show - Lauren Waterworth



Sequence: AAB ACB AAC BB

## SECTION A (32 COUNTS)

### BALL CHANGE, KICK, COASTER STEP, ½ PIVOT, STEP & BOUNCE HEELS

- &1-2                      Step back on ball of right foot (&), recover weight on left foot (1), kick right foot forward (2) (12:00)
- 3&4                      Coaster step back by stepping right foot back (3), step left foot next to right (&), step right foot forward (4)
- 5-6                      Step forward on left (5) swivel turn right as you step onto right foot (6) (6:00)
- 7&8                      Step left next to right - weight now on both feet (7) raise both heels off floor (&) take both heels back to the floor (8)

### VAUDEVILLE HEELS, HOLD YOUR HORSES KNEES

- &1                      Step left foot in place (&), cross right foot over left (1)
- &2                      Step left slightly to left (&) dig right foot to right diagonal (2)
- &3                      Step right foot in place (&), cross left foot over right (3)
- &4                      Step right slightly to right (&), dig left foot to left diagonal (4)
- &                      Step left foot in place
- 5&                      With weight on left but right toe touching the floor, move right knee out(5) then in(&)
- 6&7&8&                      Repeat on left, then right, then left. (counts 5-8 will have the effect of knocking your knees together as in "hold your horses")

### ROCK BACK, RECOVER, EXTENDED CHASSE, STEP DRAG, SLAP/SLAP/SLAP

- 1-2                      Rock right foot back behind & slightly to the left of the left foot - angling the body diagonally right (1), recover weight back on left foot (2)
- 3&4&                      Step right foot to right side (3) step left foot next to right (&) step right foot to right side (4) step left foot next to right (7)
- 5-6                      Take a large step to right on right foot (5) drag left foot to touch next to right (6)
- 7&8                      Lift left foot behind right and slap heel with right hand (7), swing left foot out to left side & slap heel with left hand(&) raise left knee in front & slap with right hand(8)

### ROCK FORWARD, RECOVER, COASTER STEP, 2 PADDLE TURNS TO LEFT ¼ TURNING

- 1-2                      Rock forward on left foot (1), recover weight on right foot (2)
- 3&4                      Coaster back by stepping left foot back (3) step right foot next to left (&), step forward on left foot (4)
- 5-8                      Paddle turn by stepping forward on right foot - weight on both feet (5) swivel on ball of right foot pushing left around to left 1/8 of a turn (6) repeat counts 5, 6 once. (3:00)

## SECTION B (16 COUNTS)

Whatever wall you start this section on, you will end up back on that wall at the end of the 16 counts

### 2 SAILOR SHUFFLES, TOUCH BACK ½ UNWIND, SHUFFLE FORWARD

- 1&2                      Swing right foot behind left (1) step left foot in place (&) step right foot slightly to right side (2)
- 3&4                      Repeat above on reverse
- 5-6                      Touch right toe back (5) half unwind to right by swiveling on both feet (6)
- 7&8                      Shuffle forward on left/right/left
- 1-8                      Repeat above 8 counts once again

## **SECTION C (16 COUNTS)**

**Whatever wall you start this section on, you will end up back on that wall at the end of the 16 counts**

### **ROCK FORWARD, RECOVER, HALF TURN TRIPLE TWICE**

- 1-2                 Rock forward on right foot (1), recover weight on left foot (2)
- 3&4                Execute a triple step right (3)/left(&)/right(4) half turning to right
- 5-8                 Repeat above reversing

### **4X PADDLE TURNS ¼ TURN EACH = 1 FULL TURN**

- 1-8                 Paddle turn by stepping forward on right foot - weight on both feet (1) swivel on ball of right foot pushing left around to left ¼ of a turn (2) repeat counts 1, 2 three more times

**For effect, the ending can become:**

- 5-6                 Last 2 counts of the last B
- 7&8                Step left in place, step right to right side, step left to left side

**Taking both arms above head on count 8 & hold position for a second**

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