

Signed, Sealed And Delivered

拍数: 32 墙数: 4 级数: Improver
编舞者: Julie Carr (UK)
音乐: Signed Sealed Delivered - Stevie Wonder



RIGHT TOE TAPS, RIGHT BEHIND AND TOUCH

- 1-2 Tap right toe to right side twice
- 3&4 Step right behind left, step left to left side, touch right toe next to left
- 5-6 Tap right toe to right side twice
- 7&8 Step right behind left, step left to left side, step right to right side

LEFT SAILOR ¼ TURN, TOUCH FORWARD AND BACK, STEP LOCK STEP, ROCK ¼ TURN LEFT

- 1&2 Step left behind right, step right beside left, make ¼ turn left, step forward left
- 3-4 Touch right forward, touch right back
- 5&6 Step forward right, cross left behind right, step forward right
- 7&8 Rock forward on left, rock back on right making ¼ turn left, step left to left side

RIGHT HEEL SWIVELS, TOE TWISTS AND DIAGONAL SHUFFLES

- 1&2 Swivel right heel in, out, in on ball of right foot (finish with weight equal)
- 3&4 Twist both heels and body right, left, right
- 5&6 Step left diagonally forward, step right next to left, step left diagonally forward
- 7&8 Step right diagonally forward, step left next to right, step right diagonally forward

LEFT ROCK STEP ¼ TURN, FULL TURN LEFT, RIGHT AND LEFT HIP BUMPS (OR SNAKE ROLLS)

- 1&2 Rock forward on left, rock back on right making ¼ turn left, step left- to left side
- 3-4 Make ½ turn stepping back on right, make ½ turn left stepping forward on left
- 5&6 Bump hips right, left, right (or snake rolls)
- 7&8 Bumps hips left, right, left (or snake rolls)

REPEAT
