

So Rattled!!

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Alan Robinson (UK)
音乐: I Get So Rattled - Jill Morris



Sequence: ACA, BCC, BAA

SECTION A ELVIS KNEES

1-2 Bring right knee in towards left knee, hold
3-4 Bring left knee in towards right knee, hold
5-6 Bring right knee in towards left knee, bring left knee in towards right knee
7-8 Bring right knee in towards left knee, bring left knee in towards right knee

LEFT KICK BALL CHANGE, CHASSE LEFT

9&10 Kick left foot forward, step left in place, step on right
11&12 Step left to left, close right to left, step left to left

RIGHT SAILOR STEP, CROSS STEP

13&14 Cross right behind left, step on left, step right to right
15&16 Cross left behind right, step right to right, cross left over right

RIGHT KICK BALL CHANGE, CHASSE RIGHT

17&18 Kick right foot forward, step right in place, step on left
19&20 Step right to right, close left to right, step right to right

LEFT SAILOR STEP, CROSS STEP

21&22 Cross left behind right, step on right, step left to left
23&24 Cross right behind left. Step left to left, cross right over left

MAMBO STEPS, ROCK SHUFFLE TURN

25&26 Step out to left on left, replace weight on right, cross left over right
27&28 Step out to right on right, replace weight on left, cross right over left
29-30 Rock forward onto left, replace weight onto right
31&32 Turn ½ to left stepping left, right, left

MAMBO STEPS, PIVOT TURN, WALKS

33&34 Step out to right on right, step onto left, cross right over left
35&36 Step out to left on left, step onto right, cross left over right
37-38 Step forward on right, pivot ½ turn left
39-40 Step forward on right, touch left next to right

SIDE SHIMMIES

41-44 Rock out to left on left, shimmy for 2, bring left next to right
45-48 Rock out to right on right, shimmy for 2, bring right next to left

SECTION B

ELVIS RUBBER LEGS, KICK BALL TOUCHES

1-2 Roll right knee out, roll left knee out
3-4 Roll right knee out, roll left knee out
5&6 Kick right foot forward, step on right, touch left out to left
7&8 Kick left foot forward, step on left, touch right out to right

TOUCHES, SAILOR STEP, TOUCHES, SAILOR STEP

- 9-10 Touch right toe across front of left, touch right toe to right
11&12 Step right behind left, step on to left, step right to right
13-14 Touch left toe across in front of right, touch left to left
15&16 Step left behind right, step onto right, step left to left

WALKING HIP BUMPS, ROCK SHUFFLE TURN

- 17&18 Step forward onto right bumping hips right left right
19&20 Step forward onto left bumping hips left right left
21-22 Rock forward onto right, replace weight onto left
23&24 Turn ½ right stepping right, left, right

HEEL TAPS, COMPLETE TURN

Splay arms left hand in front, right hand back.

- 25-27 Step left toe forward, tap heel, tap heel
28 Put weight onto left
29& Touch right to right, hitch right knee turning ¼ left
30& Touch right to right, hitch right knee turning ¼ left
31& Touch right to right, hitch right knee turning ¼ left
32& Touch right to right, hitch right knee turning ¼ left

SECTION C

ROCK, SHUFFLE TURN, TOE STRUTS

- 1-2 Rock forward onto right, replace weight onto left
3&4 Turning ½ turn right stepping right, left, right
5-6 Strut left toe forward, snap left heel down
7-8 Strut right toe forward, snap right heel down

Optional: turn the struts to right as you walk forward.

ROCK, SHUFFLE TURN, TOE STRUTS

- 9-10 Rock forward onto left, replace weight onto right
11&12 Turning ½ turn left stepping left, right, left
13-14 Strut right toe forward, snap right heel down
15-16 Strut left toe forward, snap left heel down

Optional: turn the struts to left as you walk forward.
