

Stitch

拍数: 32 墙数: 4 级数: Improver
编舞者: Peter Blaskowski (USA)
音乐: Big Bamboo (Ay Ay Ay) - Saragasso Band



LEFT ¾ SAMBA ROLL (TWICE)

- 1 Left foot forward (toe turned out)
- a (Turn ¼ left) side and slightly back
- 2 Cross front
- 3 (Turn ¼ left) Back
- a (Continue turn ¼) Side
- 4 Together
- 5 Left foot forward (toe turned out)
- a (Turn ¼ left) Side and slightly back
- 6 Cross front
- 7 (Turn ¼ left) Back
- a (Continue turn ¼) Side
- 8 Together

Optional: "sway" is inclination of the body. On count 1, it is slightly forward. On counts 'a2' it is forward and slightly left. On 3 it is slightly back. On 'a4' it is back and slightly right. Repeat for 5-8

TURNING VOLTA

- 1 Left foot forward (toe turned out)
- a (Turn ¼ left) Side and slightly back
- 2 Cross front
- a Side and slightly back
- 3 Cross front
- a Side and slightly back
- 4 Cross front
- 5 Side and slightly back
- a (Turn ¼ left) Side and slightly back
- 6 Cross front
- a Side and slightly back
- 7 Cross front
- a Side and slightly back
- 8 Cross front

SCUFF-HITCH-PRESS, HITCH-PRESS, HITCH-STEP BACK, UNWIND

Note: this section is done with "robotic" styling. Motion of the body, arms, and legs is mechanical and rigid. As one foot moves forward, the opposite arm moves forward at the same time. Turn your head to the left for counts 1-6

- 1 With left leg straight, scuff the left foot next to the right
- & Bend the left leg and lift left knee
- 2 Forward (left knee bent, weight pressed over left foot)
- 3 Straighten left leg and lift right knee
- 4 Forward (right knee bent, weight pressed over right foot)
- 5 (Push off with the right foot) In place onto left foot
- 6 Back (5th position)
- 7-8 Swivel-turn ¾ right (Weight right)

FIFTH POSITION BREAKS, WALK IN A CIRCLE

- 1 Side
- a Cross back
- 2 In place
- 3 Side
- a Cross back
- 4 In place
- 5 Forward curving left
- 6 Forward curving left
- 7 Forward curving left
- 8 Forward finishing a full circle to the left

REPEAT

Samba styling: All 'a' counts are on the ball of the foot, with partial weight
