

Sweet 16

拍数: 64 墙数: 4 级数: Improver
编舞者: Kylie Mitchell (UK) & Leanne Rolls (UK)
音乐: Happy Birthday Sweet Sixteen - The Chirps



HEEL STRUTS FORWARD

1-2 Step right heel forward, drop right toe
3-4 Step left heel forward, drop left toe
5-6 Step right heel forward, drop right toe
7-8 Step left heel forward, drop left toe

KNEE POPS

1-2 Bend right knee forward, hold
3-4 Bend left knee forward, hold
5-6-7-8 Bend right knee, left knee, right knee, hold

ROLLING GRAPEVINES RIGHT AND LEFT WITH CLAPS

1-2 Step right a ¼ turn right, step left foot ½ turn right
3-4 Step right a ¼ turn right, touch left next to right and clap
5-6 Step left a ¼ turn left, step right foot ½ turn left
7-8 Step left a ¼ turn left, touch right next to left and clap

TOE STRUTS MOVING BACK WITH FINGER CLICKS

1-2 Step right toe back, drop the right heel
3-4 Step left toe back, drop the left heel
5-6 Step right toe back, drop the right heel
7-8 Step left toe back, drop the left heel

RIGHT KICKS, BACK TOUCH, LEFT KICKS, BACK TOUCH

1-2 Kick right forward, kick right to right side
3-4 Step back on right, touch left next to right
5-6 Kick left forward, kick left to left side
7-8 Step back on left, touch right next to left

LOCK STEPS TRAVELING FORWARD, WITH SCUFFS

1-2-3-4 Step forward on right, lock left behind right, step forward on right, scuff left
5-6-7-8 Step forward on left, lock right behind left, step forward on left, scuff right

JAZZ BOXES WITH A QUARTER TURN RIGHT (1/8 TURN EACH)

1-2- Cross right over left, step back on left
3-4 Step right to right side (turning 1/8 to the right), step left next to right
5-6 Cross right over left, step back on left
7-8 Step right to right side (turning 1/8 to the right), step left next to right

MONTEREY TURNS

1-2 Point right to right side, ½ turn right bringing right next to left
3-4 Point left to left side, step left next to right
5-6 Point right to right side, ½ turn right bringing right next to left
7-8 Point right to right side, ½ turn right bringing right next to left

REPEAT

TAG

At the end of wall 4 (12:00)

2 X ROCKING CHAIRS

1-2 Rock forward on right, back on left

3-4 Rock back on right, forward on left

5-6 Rock forward on right, back on left

7-8 Rock back on right, forward on left
