

Tjukken

拍数: 0 墙数: 1 级数: Improver
编舞者: Michael Andersson (SWE)
音乐: Nei, så tjukk du har blitt - Ole Ivars



Sequence: AABBC, AABBC, AABBC, AA, D
3rd place in Norwegian Country & Western Dance Championships 2003

PART A

EXTENDED WINE RIGHT, KICK

1-2 Step right to right, hold
3-4 Cross left behind right, hold
5-6 Step right to right, cross left in front of right
7-8 Step right to right, kick left forward

EXTENDED WINE LEFT, KICK

1-2 Step left to left, hold
3-4 Cross right behind left, hold
5-6 Step left to left, cross right in front of left
7-8 Step left to left, kick right forward

¼ PIVOT RIGHT, ½ PIVOT RIGHT, COASTER STEP

1-2 ¼ turn right stepping right, hold
3-4 ½ turn right stepping back on left, hold
5-6 Step back on right, left next to right
7-8 Step right forward, hold

RUNNING STEPS FORWARD WITH HITCH AND JUMP TWICE

1-2 Step forward with left, step forward with right
3-4 Step forward on left, small jump on left & hitch right
5-6 Step forward with right, step forward with left
7-8 Step forward on right, small jump on right & hitch left

STEP BACK WITH KICK TWICE, SAILOR TURN ¼ LEFT

1-2 Step back on left, kick right forward
3-4 Step back on right, kick left forward
5-6 Cross left behind right, step right to right
7-8 Turn ¼ left step forward on left, hold

PART B

STEP OUT TWICE, CENTER TWICE

1-2 Step right to right, hold
3-4 Step left to left, hold
5-6 Step right to center, hold
7-8 Step left to center, hold

PUSH STEPS WITH ¾ TURN LEFT

1-2 Push step to right, hold
3-4 ¼ turn left & push step to left, hold
5-6 ¼ turn left & push step to right, hold
7-8 ¼ turn left & push step to left, hold

SLOW SHUFFLE BACK, SLOW TRIPLE TURN LEFT

- 1-2 Step back on right, left next to right
- 3-4 Step back on right, hold
- 5-6 Left lock behind right $\frac{1}{4}$ turn left, step right to right
- 7-8 $\frac{1}{4}$ turn left step forward on left, hold

SIDE ROCK, CROSS, SIDE ROCK, CENTER

- 1-2 Step right to right, recover on left
- 3-4 Step right in front of left, hold
- 5-6 Step left to left, recover onto right
- 7-8 Step left next to right, hold

PART C

JAZZ BOX WITH $\frac{1}{2}$ TURN RIGHT

- 1-2 Cross right in front of left, step back on left turning $\frac{1}{4}$ right
- 3-4 Step right on right turning $\frac{1}{4}$ right, step left next to right

PART D

OUT TWICE, IN TWICE

- 1-2 Step right out, step left out
- 3-4 Step right to center, step left to center
- 5-6 Step right out, step left out
- 7-8 Step right to center, step left to center

CROSS UNWIND, KICK & POINT

- 1-2 Cross right in front of left
 - 3-4 Unwind full turn left
 - 5&6 Kick & point
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