

The Wrong Dance

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Don Deyne (USA)
音乐: You're No Good - Reba McEntire



CROSS, HOLD, TOUCH, HOLD, STEP, STEP, STEP, STEP:

- 1-2 Step right foot across left, hold
- 3-4 Touch left foot back, hold
- 5 Step back left foot lifting right foot slightly off floor
- 6 Step forward right foot lifting left foot slightly off floor
- 7 Step back left foot lifting right foot slightly off floor
- 8 Step forward right foot lifting left foot slightly off floor

CROSS, HOLD, TOUCH, HOLD, STEP, STEP, STEP, STEP:

- 9-10 Step left foot across right, hold
- 11-12 Touch right toe back, hold
- 13 Step back right foot lifting left foot slightly off floor
- 14 Step forward left foot lifting right foot slightly off floor
- 15 Step back right foot lifting left foot slightly off floor
- 16 Step forward left foot lifting right foot slightly off floor

The toe touches at 3 and 11: Lift the trailing foot and touch the toe down right where it was. Steps 5-8 and 13-16 may be done as rocks for a lower impact alternative.

STEP RIGHT, SIDE LEFT, REPLACE RIGHT, LEFT BEHIND:

- 17-18 Small step forward right foot, side step left foot on ball of foot with weight remaining centered over right
- 19-20 Replace weight on right foot, step left foot behind right with weight remaining centered over right

REPLACE RIGHT, SIDE LEFT, REPLACE RIGHT, LEFT BEHIND:

- 21-22 Replace weight on right foot, side step left foot on ball of foot with weight remaining centered over right
- 23-24 Replace weight on right foot, step left foot behind right

Take small steps with most of the weight on the ball of the foot. At performance tempos your center of gravity will remain centered over the right foot. The feeling here is reminiscent (well, to me anyway) of a sailor step.

STEP-SLIDES RIGHT:

- 25& Side step right foot & step together left
- 26& Side step right foot & step together left
- 27-28 Side step right foot, touch together left

VINE LEFT, ¼ TURN LEFT AND TOUCH RIGHT:

- 29-30 Side step left foot, step right foot behind left
- 31-32 Face ¼ turn left and step left, touch together right

ROCK RIGHT, BACK LEFT, ROCK BACK RIGHT, STEP LEFT:

- 33-34 Rock step forward right foot, step back on left
- 35-36 Rock step back right foot, step forward on left

STEP RIGHT, ¼ LEFT, STOMP RIGHT TWICE:

- 37-38 Step forward right foot, ¼ turn left shifting weight to left foot
- 39-40 Stomp together right foot twice

REPEAT
