

Grease

拍数: 32 墙数: 4 级数: Improver
编舞者: William Sevone (UK) - April 2003
音乐: Grease - Frankie Valli : (CD: The Theme)



Choreographers note:- The music is phrased - but the dance is not.. Please read (and use) the dance notes. Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul' Dance starts on the vocal, feet together and weight central.

4x Knee Twists. Behind. Side. Diagonal Heel. Clap (12:00)

- 1 - 2 raising both heels – Twist knees to the right. Twist knees to the left.
- 3 - 4 Twist knees to the right. Twist knees to centre – apply full weight onto right foot.
- 5 - 6 Step left behind right. Step right to right side.
- 7 - 8 Touch left heel diagonally left. Clap hands at head height.

2x Diagonal Step-Lock-Step. 4x Diagonal Step. (1.30)

- 9& 10 Step diagonally forward (10.30) onto left, lock right behind left, step diag forward onto left.
- 11& 12 Step diagonally forward (1.30) onto right, lock left behind right, step diag forward onto right
- 13 - 14 Step diagonally left onto left (10.30). Step diagonally right onto right (1.30).
- 15 - 16 Step diagonally left onto left (10.30). Step diagonally right onto right (1.30).

Dance note: On all counts: Left diagonal - Lead with left arm. right arm behind. Right diagonal - Lead with right arm, left arm behind.

Kick Ballchange. 4x 'Monkey Time'. 2x Walk Back with 'Monkey Time' (12:00)

- 17& 18 Kick left foot forward, step left next to right, step down onto right – straightening up to face 12.00.

Dance note: Bend both knees slight forward as you step down on count 18.

- 19 – 20 step left slightly forward as you – Raise left arm to shoulder height with fist clenched Lower left & raise right arm with fist clenched.
- 21 – 22 Lower right arm & raise left arm with clenched fist. Lower left & raise right arm with fist clenched
- 23 – 24 Step backward onto left - lowering right arm & raising left arm with clenched Step backward onto right - lowering left and raising right arm with fist clenched.

1/2 Pivot. Cross. Back. Side. Fwd. Cross. Side. 1/4 Toe Touch (3:00)

- 25 - 26 Pivot 1/2 right (6). Cross left over right.
- 27 - 28 Step backward onto right. Step left to left side.
- 29 - 30 Step forward onto right. Cross left over right.

Dance note: Counts 26 to 30 perform with slight forward leaning motion.

- 31 - 32 Step right to right side. Turn 1/4 left & touch left toe next to right.

DANCE FINISH: Count 32 of wall 10 (facing 6.00). To add a flourish to the end, do the following - As you touch the left toe next to the right (count 32). Place both hands on hips and 'look' over your left shoulder (looking backward).

Then the right and again over your left shoulder – hold during fade.

Last Revision - 12th Sept 2013