

Greased Lightning

拍数: 104 墙数: 4 级数: Intermediate
编舞者: Dawn Dennell (UK)
音乐: Greased Lightnin' - John Travolta



Sequence: Dance the dance straight through on the first three walls: On the final wall (wall 4) dance counts 1 to 56, then repeat counts 25 to 56 then finish with counts 57 to 104 The music slows at the end so slow down counts 97 to 104 with attitude

SHUFFLE RIGHT ROCK BACK ON LEFT, SHUFFLE LEFT, ROCK BACK ON RIGHT

1&2 Step right foot to right, close left foot beside right, step right foot to right
3-4 Rock back onto left foot, return weight to right foot
5&6 Step left foot to left, close right foot beside left, step left foot to left
7-8 Rock back onto right foot, return weight to left foot

JAZZ JUMP FORWARD, CLAP, JAZZ JUMP BACK, CLAP, HEELS SWITCHES RIGHT-LEFT-RIGHT, HOOK & TAP

&9 Small jump forward leading with right foot
10 Clap
&11 Small jump back leading with right foot
12 Clap
13&14 Tap right heel forward, return to place, tap left heel forward
&15-16 Return left foot to place, tap right heel forward, cross right foot over left with toe touching floor

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, ROCK FORWARD ONTO LEFT FOOT, SHUFFLE BACK LEFT-RIGHT-LEFT, ROCK BACK ONTO RIGHT FOOT

17&18 Step forward onto right foot, close left foot to right, step forward onto right foot
19-20 Rock forward onto left foot, return weight to right foot
21&22 Step back onto left foot, close right foot to left, step back onto left foot
23-24 Rock back onto right foot, return weight to left foot

CROSSING TOE, HEEL STRUTS TO LEFT

25 Cross right foot over left onto ball of foot
26 Place right heel to ground with weight on right foot
27 Step ball of left foot to left side
28 Place left heel to ground with weight
29-32 Repeat steps 25-28

ROCK, ROCK, SIDE HOLD, KNEE POPS RIGHT-LEFT-RIGHT HOLD

33 Rock weight forward onto right foot
34 Return weight to left foot
35 Step right foot to right slightly apart from left foot
36 Hold
37 Push right knee forward
38 Return right knee to place as you push left knee forward
39 Return left knee to place as you push right knee forward
40 Hold

GRAPEVINE RIGHT, MONTEREY TURN RIGHT

41 Step right foot to right side,
42 Cross left foot behind right foot
43 Step right foot to right side

- 44 Step left foot beside right foot
- 45 Point right toe to right side
- 46 Turn ½ turn to right bringing right foot beside left
- 47 Point left toe to left side
- 48 Step left foot beside right foot

STEP BACK, TOUCH, BACK, TOUCH, WALK FORWARD RIGHT-LEFT-RIGHT-LEFT

- 49 Step back on right foot
- 50 Touch left foot beside right foot and clap
- 51 Step back on left foot
- 52 Touch right foot beside left foot and clap
- 53-56 Walk forward right-left-right-left (left foot ends shoulder width apart from right foot)

HEEL TAPS RIGHT AND LEFT

- 57-60 Tap right heel down 4 times (sweeping right arm to right side over 4 counts)
- 61-64 Tap left heel down 4 times (sweeping left arm to left side over 4 counts)

HEEL SWITCHES WITH ¼ TURN RIGHT

- 65&66 Tap right heel forward, return to place, tap left heel forward
- &67-68 Return left heel to place, tap right heel forward, cross right foot over left pointing toe to floor
- 69&70 Turn 1/8 turn to right as you tap right heel forward, return right to place, tap left heel forward
- &71-72 Turn 1/8 turn to right as you return left heel to place, tap right heel forward, cross right foot over left pointing toe to floor

ROCK FORWARD ON RIGHT SHUFFLE BACK RIGHT-LEFT-RIGHT, ROCK BACK ON LEFT, SHUFFLE FORWARD LEFT-RIGHT-LEFT

- 73-74 Rock forward onto right foot, return weight to left foot
- 75&76 Step back onto right foot, close left foot beside right, step back onto left foot
- 77-78 Rock back onto left foot, return weight to right foot
- 79&80 Step forward onto left foot; close right foot beside left, step forward onto left foot

FULL TURN TO THE LEFT, WALK FORWARD RIGHT-LEFT, PIVOT ½ TURN TO LEFT, STEP FORWARD ON RIGHT, KICK LEFT

- 81 Turn ½ turn left on left foot stepping back on right foot
- 82 Turn ½ turn left on right foot stepping forward onto left foot
- 83-84 Walk forward right-left
- 85 Step forward onto right foot
- 86 Pivot ½ turn to left
- 87 Step forward onto right foot
- 88 Kick left foot to left diagonal

SAILOR SHUFFLES

- 89 Cross left foot over right foot
- 90 Step right foot to right side
- 91&92 Cross left foot behind right foot, small step to right on right foot, small step to left on left foot
- 93 Cross right foot over left foot
- 94 Step left foot to left side
- 95&96 Cross right foot behind left foot, small step to left on left foot, small step to right on right foot

STEP, PIVOT, STEP, HITCH, KNEES

- 97 Step forward on left foot
- 98 Pivot ½ turn to right
- 99 Step forward on left foot
- 100 Hitch right knee

101

Small step to right as you push right knee to right (click fingers)

102-104

Push right knee to right 3 more times click fingers 3 times (keeping weight on left foot)

REPEAT
