

Dancin' In Black

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Robyn-April Rivard-Darby (USA)
音乐: Men In Black - Will Smith



CLAP, CLAP! / STOMP / TRIPLE TURN

- 1& Weight on left foot, clap hands twice
- 2 Weight remaining on left foot, stomp right foot next to left foot
- (Variation: may be done as stomp, stomp, clap!)
- 3 Step right foot $\frac{1}{4}$ right, weight on it, to begin right-left-right triple step quarter turn (3:00)
- & Quickly step toe of left foot next to instep of right foot, weight on left, slightly raising heel of right foot
- 4 Complete triple step by stepping right foot down in place, weight on it

ROCK STEP / TRIPLE TURN

- 5 Step left foot forward, rocking weight to it
- 6 Rock weight back to right foot
- 7 Step left foot $\frac{1}{2}$ left, weight on it, to begin left-right-left triple step half turn (9:00)
- & Quickly step toe of right foot next to instep of left foot, weight on right foot, slightly raising heel of left foot
- 8 Complete turn and triple step by stepping left foot down in place, weight on it

ROCK STEP / TRIPLE TURN

- 9 Step right foot forward, rocking weight to it
- 10 Rock weight back to left foot
- 11 Step right foot $\frac{1}{4}$ right, weight on it, to begin right-left-right triple step quarter turn forward (12:00)
- & Quickly step toe of left foot next to instep of right foot, weight on left foot, slightly raising heel of right foot
- 12 Complete right-left-right triple step forward by stepping right foot forward, weight on it

BACK, HEEL / TOE, HEEL / TOE, HEEL / TOE, HEEL

(Moving progressively backward)

- 13 Weight remaining on right foot, step left foot back, heel raised
- 14 Press left heel down, weight on it
- 15 Weight remaining on left foot, step right foot back, heel raised
- 16 Press right heel down, weight on it
- 17 Weight remaining on right foot, step left foot back, heel raised
- 18 Press left heel down, weight on it
- 19 Weight remaining on left foot, step right foot back, heel raised
- 20 Press right heel down, weight on it

(Variation: on the song "Men In Black", do these steps 19 -20 as "bouncing reverse struts" on the wall (5th) where the words say "bounce with me")

LEFT, TOUCH / RIGHT, TOUCH

(Steps 21-28 are executed with fluidity and should be lead with a hip or body roll into each step)

- 21 Step left foot 45 degrees diagonally forward left, weight on it (11:00ish)
- 22 Weight remaining on left foot, slide to touch right toe next to left foot
- 23 Step right foot 45 degrees diagonally forward right (1:00ish)
- 24 Weight remaining on right foot, slide to touch left toe next to right foot

BACK, TOUCH / BACK, TOUCH

- 25 Step left foot 45 degrees diagonally back left, weight on it (7:00ish), facing right
26 Weight remaining on left foot, slide to touch right toe next to left foot
27 Step right foot 45 degrees diagonally back right, weight on it (5:00ish), facing left
28 Weight remaining on right foot, slide to touch left toe next to right foot

AND CROSS, STEP / AND CROSS, STEP/ AND CROSS, STEP / AND CROSS, STEP

- & Hop slightly, switching weight to left foot
29 Cross right foot over left foot, weight on right foot
30 Step left foot to left side, weight on it
& Hop slightly, switching weight to right foot
31 Cross left foot over right foot, weight on left foot
32 Step right foot to right side, weight on it
&33-36 Repeat steps &29-32

TURN, 2, 3 / TOUCH

- 37 Begin ¼ turn left by stepping left foot 45 degrees diagonally forward, weight on it (11:00ish)
38 Step right foot next to left foot, weight on right foot
39 Complete ¼ turn left by stepping left foot 45 degrees left, weight on it (9:00)
40 Weight remaining on left foot, touch right toe next to left foot

KICK-BALL-TOUCH / KICK-BALL-TURN / KICK-BALL-TURN / KICK-BALL-TOUCH

- 41 Weight remaining on left foot, kick right foot forward
& Quickly step right foot home, weight on it
42 Weight remaining on right foot, touch left toe next to right foot
43 Weight remaining on right foot, kick left foot forward
& Step left foot ¼ left, weight on it (6:00)
44 Weight remaining on left foot, touch right toe next to left foot
45 Weight remaining on left foot, kick right foot forward
& Step right foot ¼ left, weight on it (3:00)
46 Weight remaining on right foot, touch left toe next to right foot
47 Weight remaining on right foot, kick left foot forward
& Quickly step left foot next to right foot, weight on left foot
48 Weight remaining on left foot, touch right toe next to left foot

Variation: on the 5th wall for the song "Men In Black" only -skip steps 43&44-where Will Smith sings "freeze" - just hold & then turn & continue with step 45

REPEAT
