Dancin' Shoes Mixer



拍数: 32 墙数: 0 级数:

编舞者: Jo Thompson Szymanski (USA)

音乐: I'm In Love With a Capital "U" - Joe Diffie



Position: Executed in circle to the left. Partners face each other, both hands joined at waist level, lead with back to center of circle

LEAD'S FOOTWORK

STEP/TOGETHER/STEP/ KICK

1 Step left foot to left side, weight on it

2 Slide right foot next to left foot, weight on right

3 Step left foot to left side, weight on it

4 Pivot ¼ left on ball of left foot and kick right foot in direction of line of dance (LOD)

STEP/TOGETHER/STEP/KICK

5 Pivot back to starting position and step right foot to right side, weight on it

Slide left foot next to right, weight on left foot

Step right foot to right side, weight on it

8 Pivot ½ right on ball of right foot and kick left foot in direction of reverse line of dance (RLOD)

TURN, KICK / TURN, KICK

9 Step left foot ½ in direction of LOD, weight on it

10 Kick right foot down LOD

11 Step right foot ½ in direction of RLOD, weight on it

12 Kick left foot down RLOD

TWIST, 2, 3, 4

13-16 Bring feet together and swivel on balls of both feet to face body down LOD, then RLOD, then

down LOD, then to face partner, weight on right

VINE, 2, 3, TOUCH

17 Step left foot to left side, weight on it

Drop his right hand (her left) and lift his left hand to allow lady to turn underneath raised hands

18 Cross right foot behind left foot, weight on right

19 Step left foot to left side, weight on it

20 Weight remaining on left, touch right toe next to left foot

Lower his right hand to help prevent lady from 'over turning'

VINE, 2, 3, TOUCH

21 Step right foot to right side, weight on it

Raise hands again to allow lady to turn back

Cross left foot behind right foot, weight on left foot

23 Step right foot to right side, weight on it

24 Weight remaining on right, touch left toe next to right foot

Release hands

BACK, 2, 3 / CLAP

25-27 Walk backward into circle left-right-left

28 Clap hands and touch right toe next to left foot

WALK. 2. 3 / TOUCH

29-31 Walk down LOD on forward diagonal right-left-right toward new partner

32 Turn to face new partner, touch left toe next to right foot

Rejoin hands

FOLLOW'S FOOTWORK

STEP/TOGETHER/STEP/ KICK

Step right foot to right side, weight on it
 Slide left foot next to right foot, weight on left
 Step right foot to right side, weight on it

4 Pivot ¼ right on ball of right foot and kick left foot in direction of line of dance (LOD)

STEP/TOGETHER/STEP/KICK

5 Pivot back to starting position and step left foot to left side, weight on it

6 Slide right foot next to left, weight on right foot

7 Step left foot to left side, weight on it

8 Pivot ¼ right on ball of left foot and kick right foot in direction of reverse line of dance (RLOD)

TURN, KICK / TURN, KICK

9 Step right foot ½ in direction of LOD, weight on it

10 Kick left foot down LOD

11 Step left foot ½ in direction of RLOD, weight on it

12 Kick right foot down RLOD

TWIST, 2, 3, 4

13-16 Bring feet together and swivel on balls of both feet to face body down LOD, then RLOD, then

down LOD, then to face partner, weight on left foot

TURN, 2, 3, TOUCH

17 Turn ¼ right, facing LOD, weight on right

Drop his right hand (her left) and lift his left hand to allow lady to turn underneath hands

18 Pivot ¼ right on ball of right foot, facing outside of circle. Step right down next to left

19 Pivot ½ on ball of left foot, facing inside of circle and partner. Step right down, weight on it

20 Weight remaining on right, touch left toe next to right

Lower his right hand to help prevent lady from 'over turning'

TURN, 2, 3, TOUCH

21 Step left foot ¼ left, facing RLOD

Raise hands again to allow lady to turn back

22 Pivot ¼ left on ball of left foot, facing LOD / step right down next to left

23 Pivot ½ left on ball of right foot, facing inside

24 Weight remaining on left foot, touch right foot next to left foot

Release hands

BACK, 2, 3 / CLAP

Walk backward away from circle right-left-rightClap hands and touch left toe next to right foot

WALK, 2, 3 / TOUCH

29-31 Walk down RLOD on forward diagonal left-right-left toward new partner

Turn to face new partner, touch right toe next to left

REPEAT

