

Dance

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Sue MacFarlane (CAN)
音乐: Let's Dance - Five



Sequence: ABAABAAAABAAA

PART A

HOP RIGHT, HOP LEFT, HOP RIGHT, HOP RIGHT, SIDE, BEHIND, TRIPLE STEP IN PLACE

1&1&2 Step right to the right, touch left toes beside right, step left to the left, touch right toes beside left
3&3&4 Step right to the right, step left beside right, step right to the right, touch left toes beside right
5-6 Step left to the left, step right behind left
7&8 Step left to the left, step right beside left, step left in place

ROCK & STEP, SCUFF, ROCK & STEP, SCUFF, HEEL, TOE, FULL TURN RIGHT

1&2& Step right slightly forward, recover weight on the left, recover weight on the right, scuff left foot forward
3&4& Step left slightly forward, recover weight on the right, recover weight on the left, scuff right foot forward
5-6 Touch right heel forward, cross touch right toes behind left
7-8 Pivot a full turn right on left (weight ending on the left foot)

ROCK & STEP, SCUFF, ROCK & STEP, WALK, WALK, COASTER STEP

1&2& Step right slightly forward, recover weight on the left, recover weight on the right, scuff left foot forward
3&4& Step left slightly forward, recover weight on the right, recover weight on the left, scuff right foot forward
5-6 Step forward on the right, step forward on the left
7&8 Step back on the right, step left beside right, step forward on the right

KICK & TOUCH, CROSS, UNWIND, SHUFFLE SIDE, ROCK BACK, RECOVER

1&2 Kick left forward, step left beside, right, touch right toes to the right
3-4 Cross right over left, unwind ½ turn left keeping weight on the right
5&6 Step left to the side, step right beside left, step left to the side
7-8 Cross right behind left, recover weight on the left

PART B

BUMP & BUMP, BUMP & BUMP, TOUCH FORWARD, TOUCH BACK, ½ TURN RIGHT, HOLD

1&2 Touch right toes forward as you bump hips forward, bump hips back, bump hips forward as you step down on the right
3&4 Touch left toes forward as you bump hips forward, bump hips back, bump hips forward as you step down on the left
5-6 Touch right toes forward, touch right toes behind left
7-8 Pivot ½ turn right bringing right beside left, hold

BUMP & BUMP, BUMP & BUMP, TOUCH FORWARD, TOUCH BACK, ½ TURN LEFT, HOLD

1&2 Touch left toes forward as you bump hips forward, bump hips back, bump hips forward as you step down on the left
3&4 Touch right toes forward as you bump hips forward, bump hips back, bump hips forward as you step down on the right
5-6 Touch left toes forward, touch left toes behind left
7-8 Pivot ½ turn left bringing left beside right, hold

