

Centerfold

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Chris Kumre (USA)
音乐: Centerfold - The J. Geils Band



Sequence: AB ABB ABB(with restart) BBB

PART A

STEP, TOUCH, ¼ LEFT, BRUSH, POINT, POINT, & SIDE, TOUCH

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side while making ¼ turn left, brush right next to left
- 5-6 Point right in front of left, point right out to right side
- &7-8 Quickly step right next to left, step left to left, touch right next to left

SHUFFLE RIGHT, ROCK BACK, ROCK FORWARD & LOCK, ½ RIGHT, & FORWARD, ¼ TURN LEFT

- 1&2 Step right slightly to right, quickly step left next to right, step right slightly to right
- 3-4 Rock left back slightly behind right, rock forward onto right
- &5-6 Quickly step left to left side, lock right behind left, unwind ½ turn right (weight on right)
- &7-8 Quickly step left forward, step right forward, make ¼ turn left (weight on left)

ROCK FORWARD, ROCK BACK, SHUFFLE RIGHT WITH ¼ RIGHT, SAILOR LEFT, SAILOR RIGHT WITH ¼ RIGHT

- 1-2 Rock forward on right, rock back onto left
- 3&4 Step right back/side while making ¼ turn right, step left next to right, step right to right side
- 5&6 Step left behind right, quickly step right slightly to right, step left slightly to left
- 7&8 Step right behind left, quickly step left slightly to left, step right slightly to right while making ¼ turn right

ROCK FORWARD, ROCK BACK, ½ LEFT SHUFFLE, ROCK FORWARD, ROCK BACK, & CROSS, ¾ RIGHT

- 1-2 Rock forward on left, rock back onto right
- 3&4 Step left back/side while making ¼ turn left, step right next to left, step left back/side while making ¼ turn left
- 5-6 Rock forward on right, rock back onto left
- &7-8 Quickly step right slightly back, cross left over right, unwind ¾ right keeping weight on left

STEP FORWARD, DRAG, STEP FORWARD, DRAG, ROCK FORWARD, ROCK BACK, & CROSS, ½ RIGHT

- 1-2 Big step right forward, drag left towards right
- 3-4 Big step left forward, drag right towards left
- 5-6 Rock forward on right, rock back onto left
- &7-8 Quickly step right slightly back, cross left over right, unwind ½ right keeping weight on left

STEP FORWARD, DRAG, STEP FORWARD, DRAG, ROCK FORWARD, ROCK BACK, & CROSS, ¾ RIGHT

- 1-2 Big step right forward, drag left towards right
- 3-4 Big step left forward, drag right towards left
- 5-6 Rock forward on right, rock back onto left
- &7-8 Quickly step right slightly back, cross left over right, unwind ¾ right keeping weight on left

PART B

STEP, TOUCH, CLAP, ¼ LEFT, CLAP, CLAP, STEP FORWARD, ¼ LEFT, CROSS SHUFFLE

- 1-2 Step right to right side, touch left next to right & clap hands
- 3&4 Step left to left side while making $\frac{1}{4}$ turn left, clap hands twice
- 5-6 Step right forward, pivot $\frac{1}{4}$ turn left
- 7&8 Step right across left, quickly step left to left, step right across left

ROCK LEFT, ROCK BACK, $\frac{1}{4}$ LEFT, CROSS & HEEL & CROSS & HEEL & CROSS & HEEL

- 1-2 Rock left to left side, rock right to right while making $\frac{1}{4}$ turn left

Restart goes here

- 3&4 Cross left over right, quickly step right back to right diagonal, touch left heel forward at left diagonal
- &5&6 Quickly step left back at left diagonal, cross right over left, quickly step left back at left diagonal, touch right heel forward at right diagonal
- &7&8 Quickly step right back at right diagonal, cross left over right, quickly step right back at right diagonal, touch left heel forward at left diagonal

& ROCK FORWARD, ROCK BACK, & $\frac{1}{2}$ RIGHT, $\frac{1}{4}$ RIGHT, CROSS SHUFFLE

- &1-2 Quickly step left to center, rock forward on right, rock back on left
- &3-4 Quickly step right to center, step left forward, pivot $\frac{1}{2}$ turn right
- 5-6 Step left forward, pivot $\frac{1}{4}$ turn right
- 7&8 Step left across right, quickly step right to right, step left across right

POINT, & HEEL, & HEEL, TAP TOE TWICE, ROCK FORWARD, ROCK BACK, & CROSS, $\frac{1}{2}$ RIGHT

- 1&2 Point right to right, quickly step right next to left, touch left heel forward
- &3&4 Quickly step left next to right, touch right heel forward, tap right toe next to left twice
- 5-6 Rock forward on right, rock back onto left
- &7-8 Quickly step right slightly back, cross left over right, unwind $\frac{1}{2}$ right keeping weight on left

REPEAT

RESTART

Cross left over right and then unwind $\frac{1}{2}$ turn right to front. The song will count you back in. Restart with Part B and keep doing Part B till song ends
