Signed Sealed Delivered



编舞者: Tom Mickers (NL)

音乐: Signed, Sealed, Delivered (I'm Yours) (feat. Stevie Wonder) - Blue: (CD: Guilty)



TOUCH TOE OUT, HEEL DOWN, LONG STEP LEFT, SLIDE RIGHT TO LEFT, REPEAT

1-2 Touch right toe out diagonally (1:30), lean upper body over right knee stepping down on right

(1:30)

3-4 Take a long step diagonally back with left (7:30), slide touch right next to left

5-8 Repeat steps 1-4

STEP RIGHT TO RIGHT, CROSS TOUCH LEFT OVER RIGHT, STEP LEFT, TURN ½ RIGHT, REPEAT

1-2 Step right to right side, cross touch left over right

3-4 Step left to left side, turn ½ right on left foot touching right next to left

5-6 Step right to right side, cross touch left over right

7-8 Step left to left side, turn ½ right on left foot touching right next to left

SWIVELS RIGHT LEFT RIGHT, STEP TOGETHER, SWIVELS LEFT RIGHT LEFT, 1/4 TURN RIGHT STEP TOGETHER

1&2 Step right to right side while swiveling heels to left (body turned towards 1:30), step left to left

side while swiveling heels to right (body turned towards 10:30), step right to right side while

swiveling heels to left (body turned towards 1:30)

3-4 Step left large step to left side, slide right next to left (weight on right)

Step left to left side while swiveling heels to right (body turned towards 10:30), step right to

right side while swiveling heels to left (body turned towards 1:30), step left to left side while

swiveling heels to right (body turned towards 10:30)

7-8 Turn ¼ right stepping right large step forward, step left next to right (weight on left) (3:00)

4 TRAVELING KNEE POPS, WALK AROUND TURN (3/4 TURN RIGHT), & SCUFF STOMP WITH 1/4 RIGHT

1-2 Walk forward on right popping left knee forward, walk forward on left popping your right knee

forward (with attitude)

3-4 Walk forward on right popping left knee forward, walk forward on left popping your right knee

forward (with attitude)

5-6 Turn ¼ right stepping right forward, turn ¼ right stepping left forward

7&8 Turn ¼ right stepping right forward, as you turn ¼ turn right on your right foot scuff left heel

forward, stomp left

REPEAT