

Tambourine

拍数: 32 墙数: 4 级数: Improver
编舞者: Joanne Wong (MY) - November 2007
音乐: Tambourine - Eve



Note: Start after 32 counts with introduction, then start the dance.

INTRODUCTION (32 COUNTS)

PADDLE FULL TURN LEFT WITH ARMS

1 - 8 Paddle full turn left with right foot stepping on each count (1 - 8)

Arms: Place left arm in front of body at waist level and lift right arm up. Shake hands as though you're holding a tambourine and shaking it (1 - 8)

PADDLE FULL TURN RIGHT WITH ARMS

1 - 8 Paddle full turn right with left foot stepping on each count (1 - 8)

Arms: Place right arm in front of body at waist level and lift left arm up. Shake hands as though you're holding a tambourine and shaking it (1 - 8)

OUT, OUT, BACK, BACK X2

1 - 2 Step right to right diagonal (1), step left to left diagonal (2)

3 - 4 Step back on right (3), step back on left (4)

Arms: Lift left arm to right diagonal and shake hand (1), lift right arm to left diagonal and shake hand (2), bring left arm to right side of body and shake hand (3), bring right arm to left side of body and shake hand (4)

5 - 8 Repeat counts 1 - 4 with arms.

OUT, OUT, BACK, BACK, OUT, OUT, BACK, TOUCH

1 - 8 Repeat the first 7 counts of the 3rd eight of introduction with arms (1 - 7), touch left beside right (8)

MAIN DANCE (32 COUNTS)

SIDE SHUFFLE, SAILOR STEP 1/4 TURN RIGHT, SKATE X2, SHUFFLE FORWARD

1 & 2 Step left to left side (1), step right beside left (&), step left to left side (2)

3 & 4 Cross right behind left (3), step left to left side, making a 1/4 turn right (&), step right diagonally forward (4)

5 - 6 Skate diagonally forward on left, right (5 - 6)

7 & 8 Step left diagonally forward (7), step right behind left (&), step left diagonally forward (8)

TOUCH, TOGETHER X2, CROSS, UNWIND 1/2 TURN LEFT, BODY ROLL, TOGETHER, SIDE, SHOULDER POP X2, TOGETHER

1 & 2 & Making a 1/4 turn left, touch right to right side (1), step right beside left (&), touch left to left side (2), step left beside right (&)

3 - 4 Cross right over left (3), unwind 1/2 turn left with feet apart (4)

5 & 6 Do a body roll (any direction!) or hip roll (5), step right beside left (&), step left to left side (6)

7 & 8 Pop left shoulder to left (7), pop right shoulder to right (&), step left beside right (8)

PADDLE 1/2 TURN LEFT, OUT, OUT, BACK, BACK

1 - 4 Paddle 1/2 turn left with right foot stepping on each count (1 - 4)

Arms: Follow the arms of the 1st eight of the introduction

5 - 6 Step right to right diagonal (1), step left to left diagonal (2)

7 - 8 Step back on right (3), step back on left (4)

Arms: Follow the arms of the 3rd eight of the introduction

DOROTHY STEP X2, OUT, OUT, SHAKE, STEP, TOUCH

- 1 - 2& Step right diagonally forward (1), step left behind right (2), step right diagonally forward (&)
- 3 - 4& Making a 1/4 turn left, step left diagonally forward (3), step right behind left (4), step left diagonally forward (&)
- 5 - 6 Step right to right side (5), step left to left side (6)
- 7 & 8 Wiggle and shake your whole body (7), step right to center (&), touch left beside right (8)

REPEAT
