

Excited

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Di Roods (AUS) - October 2007
音乐: Excited - Miko Marks : (Album: Freeway Bound)



(1-8) SIDE, ROCK, BACK, ROCK, SIDE, ROCK, L CROSS SHUFFLE

1,2,3,4 Step L to L side, rock/recover on R, step back on L, rock/recover on R
5,6 Step L to L side, rock/recover on R
7&8 Step L across R, & step R to R, step L across R (12.00)

(9-16) SIDE, ROCK, BACK, ROCK, SIDE, ROCK, L CROSS SHUFFLE

1,2,3,4 Step R to R side, rock/recover on L, step back on R, rock/recover on L
5,6 Step R to R side, rock/recover on L
7&8 Step R across L, & step L to L, step R across L (12.00)

(17-24) SIDE, TOUCH, SIDE TOUCH, SIDE, TOGETHER, BACK, TOUCH

1,2,3,4 Step L to L side, touch R beside L, step R to R side, touch L beside R
5,6,7,8 Step L to L side, step R together beside L, step back on L, touch R beside L (12.00)

(25-32) SIDE, TOUCH, SIDE, TOUCH, SIDE, TOGETHER, R SHUFFLE FWD

1,2,3,4 Step R to R side, touch L beside R, step L to L side, touch R beside L
5,6,7&8 Step R to R side, step L together beside R, shuffle forward R-L-R (12.00)

(33-40) FWD, ROCK, L SAILOR, R SAILOR, L SAILOR

1,2 Step fwd on L (to L diagonal), rock/recover on R
3&4 Step L behind R, step R to R side, step L to L side
5&6 Step R behind L, step L to L side, step R to R side
7&8 Step L behind R, step R to R side, step L to L side (note: sailor steps travel backwards)
(12.00)

(41-48) 1/4 TURN, STEP BACK, R COASTER, 1/2 TURN, STEP BACK, L COASTER

1,2 Turn 1/4 R stepping on R, step back on L
3&4 Step back R, step L beside R, step R forward (3.00)
5,6 Step forward on L making a 1/2 turn to R, step back on R (9.00)***
7&8 Step back L, step R Beside L, step L forward (9.00)

(49-56) CROSS, POINT, CROSS, POINT, 1/4 R COASTER, 1/2 SHUFFLE BACK

1,2,3,4 Step R across L, point L toe to L side, step L across R, point R toe to R side (9.00)
5&6 Step back on R making 1/4 R, step L beside R, step forward on R (12.00)
7&8 Turning 1/2 R shuffle back L-R-L (6.00)

(57-64) BACK, 1/2 TURN, STEP PIVOT 1/2, SHUFFLE FWD, FULL TURN FWD R

1,2 Step back on R, turning 1/2 turn L step forward on L (12.00)
3,4 Step R forward, pivot 1/2 turn L (weight on L) (6.00)
5&6,7,8 Shuffle forward R-L-R, full turn forward over R stepping L then R (6.00)

Begin Dance Again

RESTART:

Wall 2 dance to count 46*** (change count 47, 48) to step back on L, turn 1/4 to R stepping on R to R side.
Restart dance facing back wall.

