

Count to 3

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - May 2008
音乐: Hey You Count To 3 (James Roche Remix) - Melinda Schneider : (CD: My Oxygen)



Special Thanks to Niels Poulsen (Denmark) for his Suggestions in this dance

Intro: 16 Count intro

Cross Samba (Left & Right). Step. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right.

1&2 Cross step Left forward over Right. Step Right slightly Right. Step forward on Left.
3&4 Cross step Right forward over Left. Step Left slightly Left. Step forward on Right.
5 – 6 Step forward on Left. Pivot 1/2 turn Right.
7&8 Turn 1/4 Right stepping Left to Left side. Step Right beside Left. Turn 1/4 Right stepping back on Left.

Note: Travel Slightly Forward on Counts 1 – 4 above

Back Rock & Point. & Side Toe Switches. Right Cross Shuffle. 2 x 1/4 Turns Right. Cross.

1&2 Rock back on Right. Rock forward on Left. Point Right toe out to Right side. (Facing 12 o'clock)
&3 Step Right beside Left. Point Left toe out to Left side.
&4 Step Left beside Right. Point Right toe out to Right side. ***See Note Below for Restart Here***
5&6 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
7& Turn 1/4 Right stepping back on Left. Turn 1/4 Right stepping Right to Right side.
8 Cross step Left over Right. (Facing 6 o'clock)

Monterey 1/2 Turn Right. Left Side Rock & Cross. Heel Jack. Hook. Step. Right Shuffle Forward.

1 – 2 Point Right toe out to Right side. Turn 1/2 turn Right stepping Right beside Left.
3&4 Rock Left out to Left side. Recover weight on Right. Cross step Left over Right.
&5 Step back on Right. Touch Left heel forward.
&6 Hook Left heel across Right shin. Step slightly forward on Left.
7&8 Right shuffle forward stepping Right. Left. Right. (Facing 12 o'clock)

Heel Switches. Clap x 2. & Step. Pivot 1/2 Turn Left. Right Kick-Ball-Step Forward.

1&2 Dig Left heel forward. Step Left beside Right. Dig Right heel forward.
&3 Step Right beside Left. Dig Left heel forward.
&4 Clap x 2.
&5 – 6 Step Left beside Right. Step forward on Right. Pivot 1/2 turn Left.
7&8 Kick Right forward. Step ball of Right beside Left. Step slightly forward on Left. (Facing 6 o'clock)

Step. Pivot 1/4 Turn Left. 1/4 Turn Right Shuffle. Step. Pivot 1/4 Turn Right. 1/4 Turn Left Shuffle.

1 – 2 Step forward on Right. Pivot 1/4 turn Left. (Weight on Left)
3&4 Turn 1/4 Right stepping slightly forward on Right. Step Left beside Right. Step forward on Right.
5 – 6 Step forward on Left. Pivot 1/4 turn Right. (Weight on Right)
7&8 Turn 1/4 Left stepping slightly forward on Left. Step Right beside Left. Step forward on Left.

Forward Rock. Right Sailor Cross 3/4 Turn Right. Ball-Cross. Left Side Rock. Ball-Side.

1 – 2 Rock forward on Right. Rock back on Left. (Facing 6 o'clock)
3& Turn 1/2 turn Right crossing Right behind Left. Turn 1/4 turn Right stepping Left to Left side.

4	Cross step Right over Left. (Facing 3 o'clock)
&5	Step ball of Left to Left side. Cross step Right over Left.
6 – 7	Rock Left out to Left side. Recover weight on Right.
&8	Step ball of Left beside Right. Step Right to Right side.

Start Again

Restart: A Restart is needed during Wall 5 (Facing 12 o'clock) ... Dance up to Count 12 * ... Then add on an "&" Count (Step Right beside Left) ... Then Start the dance again from the Beginning.**
