

Got Any Quo?

拍数: 32 墙数: 4 级数: Improver
编舞者: Harry Seddon (UK) - November 2008
音乐: Rockin' All Over the World - Status Quo : (CD: Pictures 40 Years of Hits, also available as a download)



Count in: 24 Beats, (16 heavy beats). 130bpm.

Section 1

Right Cross Shuffle, Left Chasse, 2 x ½ Hinge Turns Right, Right Chasse

- 1 & 2 Cross step right over left, step left to left side, cross step right over left
- 3 & 4 Step left to left side, step right alongside left, step left to left side
- 5, 6 ½ hinge turn right stepping onto right, ½ hinge turn right stepping onto left
- 7 & 8 Step right to right side, step left alongside right, step right to right side. (12.00).

Section 2.

Cross, Side, Sailor ¼ Left, Step Fwd, ½ Pivot Left, Step Fwd, ¼ Pivot Left

- 1, 2 Cross step left over right, step right to right side
- 3 & 4 Cross step left behind right, turn ¼ left stepping right to right side step left to left side. (9.00).
- 5, 6 Step fwd onto right, ½ pivot turn left, (weight onto left)
- 7, 8 Step fwd onto right, ¼ pivot turn left, (weight onto left). (12.00).

Section 3.

Two x Heel Steps, Step, Step Together, Rocking Chair

- 1, 2 Step onto right heel on right fwd diagonal, step onto left heel on left fwd diagonal
- 3, 4 Step back onto right, step left alongside
- 5, 6 Rock fwd onto right, recover weight back onto left
- 7, 8 Rock back onto right, recover weight fwd onto left (12.00).

(Steps 5 – 8 to be performed with attitude).

Section 4.

Right Shuffle Fwd, Left Shuffle ½ Turn Right, Side, Touch, ¼ Turn Right, Point

- 1 & 2 Step fwd onto right, step left alongside, step fwd onto right
- 3 & 4 Step left ¼ turn right, step right alongside, step left ¼ turn right
- 5, 6 Step right to right side, touch left alongside right
- 7, 8 Step left ¼ turn right, point right to right side. (9.00).