

Single Ladies

拍数: 32 墙数: 4 级数: Advanced Beginner
编舞者: William Sevone (UK) - January 2009
音乐: Single Ladies (Put a Ring On It) - Beyoncé : (Album: I Am Sasha Fierce)



Choreographers note:- This dance is ideally suited for the Advanced Beginner due to the foot rotation within the restart as well as the 2nd and 3rd sections. See additional note for Restart Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts very quickly – on the 4th count of the music - on the word 'Single'.

Tap. Together, Tap-Together-Tap. 4x 1/4 Right Tap (12:00)

- 1 – 2 Tap right toe to right side. Step right next to left.
- 3& 4 Tap left toe to left side, step left next to right, tap right toe to right side.
- 5 – 6 Turn ¼ left & tap right toe to right side (9). Repeat (6)
- 7 – 8 Turn ¼ left & tap right toe to right side (3). Repeat (12)

Cross. Bwd. Together-Cross-Tap. 2x Diagonal Step-Together (12:00)

- 9 – 10 Cross right over left. Step backward onto left.
- &11- 12 Step right next to left, cross left over right, tap right toe to right side.
- 13 upper body right & backward – Step (no weight) right diagonally left with toes pointing right.
- 14 straightening upper body – Touch right foot next to left.
- 15 upper body right & backward – Step (no weight) right diagonally left with toes pointing right.
- 16 straightening upper body – Step right foot next to left.

RESTART: Wall 8: count 16 - Tap right foot next to left then restart dance from count 1

At the start of Wall 7 (facing 6:00) there is a distinct change in the music.

This change continues till count 16 of the 8th Wall (facing 3:00)

Cross. Bwd. Together-Cross-Tap. 2x Diagonal Step-Together (12:00)

- 17 – 18 Cross left over right. Step backward onto right.
- &19- 20 Step left next to right, cross right over left, tap left toe to left side.
- 21 upper body left & backward – Step (no weight) left diagonally right with toes pointing left.
- 22 straightening upper body – Tap left foot next to right.
- 23 upper body left & backward – Step (no weight) left diagonally right with toes pointing left.
- 24 straightening upper body – Tap left foot next to right.

Cross. 1/2 Right. 1/2 Right Bounce-Side. 2x 1/4 Right Tap. 1/4 Right Together. Cross (9:00)

- 25 – 26 Cross left over right. Unwind ½ right (weight on right) (6)
- 27& 28 27& Bounce ½ right on right foot, 28 Step left to left side (12).
- 29 – 30 Turn ¼ right & tap right toe to right side (3). Repeat (6)
- 31 – 32 Turn ¼ right & step right next to left (9). Cross left over right.