

Slipping

拍数: 32 墙数: 2 级数: Intermediate NC
编舞者: Harry Seddon (UK) - January 2009
音乐: Slipping Through My Fingers - ABBA



Count in: 34 beats. 64bpm. Restarts walls 1 & 4. Tag end of walls 2 & 3.

Section 1

Left & Right Basic Night Club, 2 x Walk Back, 2 x ½ Turns Right, Right Back Mambo

- 1, 2 & Step left to left side, rock back onto right, rock fwd onto left.
3, 4 & Step right to right side, rock back onto left, rock fwd onto right.
5, 6 & ½ turn right stepping back onto left, walk back right, left.
7 & ½ turn right stepping fwd onto right, ½ turn right stepping back onto left.
8 & 1 Rock back onto right, rock fwd onto left, step fwd onto right. (6.00)
(Easy Option, 6 & 7 &, Walk Back R, L, R, L).

Section 2.

Fwd Locking Shuffle with Knees Bend, Stand, ½ Pivot Turn Right, Together Back Together, Run Fwd x 3

- 2 & 3 Step fwd on left, lock step right behind left, step fwd on left bending knees as though to kneel on right knee, (or don't bend and hold on count 4).
4, 5 Stand, ½ pivot turn right (weight on right).
6 & 7 Step left alongside right, step back onto right, step left alongside right.
8 & 1 Run fwd, right, left, right. (12.00).

Section 3.

Cross Shuffle, 2 x ¼ Turns Left, Cross Rock Recover, Side Cross, Right Basic Nightclub

- 2 & 3 Cross step left over right, step right to right side, cross step left over right.
& 4 ¼ turn left stepping back onto right, ¼ turn left stepping left to left side.
& 5 Cross rock right over left, recover onto left.
& 6 Step right to right side, cross step left over right.
7, 8 & Step right to right side, rock back onto left, rock fwd onto right. (6.00).

Section 4.

Left & Right Fwd ½ Turn Mambos, Step Fwd Left Right ½ Turn Right, Right Back ½ Turn Mambo.

- 1 & 2 Rock fwd onto left, rock back onto right, ½ turn left stepping fwd onto left.
3 & 4 Rock fwd onto right, rock back onto left, ½ turn right stepping fwd onto right.
(RESTART HERE DURING WALLS 1 & 4)
5 & 6 Step fwd left, step fwd right, ½ turn right stepping back onto left.
7 & 8 Rock back onto right, rock fwd onto left, ½ turn left stepping back onto right. (6.00).

TAG. END OF WALLS 2 & 3.

- 1, 2 Step left to left side and sway, step right to right side and sway.

OPTIONAL ENDING.

Replace 4& of section 1 with, (4) rock back onto left, (&) ½ turn left stepping back onto right to face front with a smile.