

Set Me Off

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Joyce Nicholas (MY) - September 2009
音乐: Set Me Off - The Saturdays



32 Count Intro – start dance just after main vocals

Section 1: Walk x 2, Kick ball cross, Right side touch, Left ¼ turn side touch

1-2 Walk fwd R, Walk fwd L
3&4 Kick R fwd, Step back slightly on R, Cross L over right
5-6 Step R to side, Touch L together (click fingers of R hand)
7-8 Turning ¼ left, step L to side, Touch R together (click fingers of L hand)

Section 2: Step, ½ Pivot Left, Right Shuffle, Full turn Right, Rock Fwd, Recover

1-2 Step fwd on R, ½ pivot turn L
3&4 Step fwd on R, Step L next to right, Step fwd on R
5-6 ½ turn R stepping back on L, ½ turn R stepping fwd on R
7-8 Rock fwd on L, Recover on R

Section 3: Big step back, Drag, Kick x2, Jazz box ¼ turn R

1-2 Take big step back on L, Drag R in
3-4 Kick R diagonally fwd twice
5-6 Cross R over left, Step back on L
7-8 Turning ¼ right, step R to right side, Step L beside R

Section 4: Side, Together, Side Touch, Cross rock, Recover, L side chasse

1-2 Step R to right side, Step L next to right
3-4 Step R to right side, Touch L next to right
5-6 Cross rock L over right, Recover on R
7&8 Step L to left side, Step R beside left, Step L to left side

Section 5: Slow R & L Vaudevilles

1-4 Cross R over left, Step back on L, R heel diagonally fwd R, Step back on R
5-8 Cross L over right, Step back on R, L heel diagonally fwd L, Step back on L

Section 6: Cross Rock, Recover, Chasse ¼ turn, Step ½ Pivot, Step

1-2 Cross rock R over left, Recover on L
3&4 Step R to right side, Step L next to right, ¼ turn R stepping fwd on R
5-6 Step fwd L, ½ Pivot turn R
7-8 Step fwd L, Hold

Tag & Restart:

On wall 6 (facing 3 o'clock), dance 16 count (Section 1 & 2), add 4 count tag and restart dance (facing 6 o'clock)

Side Mambo, Clap

1-4 Rock L, Recover on R, Step L next to R, Clap