

1-2-3-4

拍数: 64 墙数: 2 级数: Improver 2step
编舞者: Niels Poulsen (DK) - November 2010
音乐: 1-2-3 - Ann Tayler : (Album: Home to Louisiana)



Tag 1: after wall 1 and wall 3, facing 6:00 each time.

Tag 2: on wall 6, after 24 counts, facing 12:00.

Tag descriptions at bottom of page

Intro: 16 counts from first drum beat in music (10 secs into track). Weight on L.

Sequence: 64, 4, 64, 64, 4, 64, 64, 32, 4, 64, 64, 15

[1 – 8] R toe strut jazz box, L toe strut fw

1 – 4 Cross R toe over L (1), step down on R (2), touch L toe backwards (3), step down on L (4)
[12:00]

5 – 8 Touch R toe to R side (5), step down on R (6), touch L toe forwards (7), step down on L (8)

[9 – 16] R step lock step, hold, step ½ turn R, step fw L, hold

1 – 4 Step fw on R (1), lock L behind R (2), step fw on R (3), hold (4)

5 – 8 Step fw on L (5), turn ½ R onto R (6), step fw on L (7), hold (8) [6:00]

[17 – 24] R toe strut jazz box, L toe strut fw

1 – 4 Cross R toe over L (1), step down on R (2), touch L toe backwards (3), step down on L (4)

5 – 8 Touch R toe to R side (5), step down on R (6), touch L toe forwards (7), step down on L (8)

[25 – 32] R step lock step, hold, step ¼ R cross, hold

1 – 4 Step fw on R (1), lock L behind R (2), step fw on R (3), hold (4)

5 – 8 Step fw on L (5), turn ¼ R onto R (6), cross L over R (7), hold (8) [9:00]

[33 – 40] R side rock, back rock, side rock cross, hold

1 – 4 Rock R to R side (1), recover weight to L (2), rock back on R (3), recover weight to L (4)

5 – 8 Rock R to R side (5), recover weight to L (6), cross R over L (7), hold (8)

[41 – 48] Triple ¾ R, walk, hold/clap, walk, hold/clap

1 – 4 Turn ¼ R stepping back on L (1), turn ½ R stepping fw on R (2), step fw on L (3), hold (4)
[6:00]

5 – 8 Walk fw R (5), hold with clap(6), walk fw L (7), hold with clap (8)

[49 – 56] R point fw with hip bumps, hold, repeat with L, hold

1 – 4 Point R forward bumping hips fw (1), bump hips back (2), bump hips forward stepping down
on R (3), hold (4)

5 – 8 Point L forward bumping hips fw (5), bump hips back (6), bump hips forward stepping down
on L (7), hold (8)

[57 – 64] R mambo step fw, hold, L coaster step, hold

1 – 4 Rock fw on R (1), recover weight back on L (2), step back on R (3), hold (4)

5 – 8 Step back on L (5), step R next to L (6), step fw on L (7), hold (8) [6:00]

Begin again!...

Tag 1 Comes after wall 1 and 3, both times facing 6:00. Add these steps:

Walk R, hold, walk L, hold

1 – 4 Walk fw R (1), hold (2), walk fw L (3), hold (4). Now restart dance... [6:00]

Tag 2 Comes on wall 6 which starts facing 6:00. Do the first 24 counts, now facing 12:00. Add this:

Stomp R, hold, L jazz box with holds, cross, hold, side L, hold

1 – 2 Stomp forward on R (1), hold (2) [12:00]

3 – 8 Cross L over R (3), hold, (4), step back on R (5), hold (6), step L to L side (7), hold (8)

9 – 12 Cross R over L (9), hold (10), step L to L side (11), hold (12). Now restart dance... [12:00]

Ending: Complete 8th wall, you'll be facing 12:00.

Now, instead of starting from count 1 you repeat the last 16 counts of the dance to hit the 'hip shakes' in the music

Contact: niels@love-to-dance.dk - www.love-to-dance.dk.
