

# 55 Ford

拍数: 64                      墙数: 2                      级数: Improver  
编舞者: Debbie Ellis (ES) - May 2011  
音乐: 55 Ford - The Refreshments



## Intro - Start on vocals

### Toe Struts Diagonally Forward (Angling body to left diagonal)

- 1 - 2                      Touch Right toe forward, put weight down on to Right foot.
- 3 - 4                      Cross touch Left toe over Right, put weight down on to Left foot.
- 5 - 6                      Touch Right toe forward, put weight down on to Right foot.
- 7 - 8                      Cross touch Left toe over Right, put weight down on to Left foot.

### Kick, Kick, Toe Struts Diagonally Back (Straighten up to front wall)

- 1 - 2                      Kick Right forward twice
- ### (Angling body to right diagonal)
- 3 - 4                      Touch Right toe back, put weight down on to Right foot.
  - 5 - 6                      Cross touch Left toe over Right, put weight down on to Left foot.
  - 7 - 8                      Touch Right toe back, put weight down on to Right foot.

### Side, Touch, Side, Touch, Chasse Left (Straighten up to front wall)

- 1 - 2                      Step Left to Left side, touch right beside Left. ( Clap)
- 3 - 4                      Step Right to Right side, touch Left beside Right. (Clap)
- 5 - 8                      Step Left to Left side, close Right beside Left, step Left to Left side, touch Right beside Left.

### Side, Touch, Side, Touch, Chasse Right

- 1 - 2                      Step Right to Right side, touch Left beside Right. (Clap)
- 3 - 4                      Step Left to Left side, touch Right beside Left. (Clap)
- 5 - 8                      Step right to Right side, close Left beside Right, step Right to Right side, touch Left beside Right.

### Slow Jazz box making ¼ Turn Left

- 1 - 2                      Cross Left over Right, HOLD (optional click of fingers to Left side).
- 3 - 4                      Step Right back, HOLD ( Optional click of fingers to Right side).
- 5 - 6                      Step Left to Left side making a ¼ turn Left, HOLD.
- 7 - 8                      Touch Right beside Left, HOLD. (Option - 2 stomps)

### Toe, Heel, Toe, Kick, Behind, Side, Cross

- 1 - 2                      Touch Right toe next to Left, ( knee turned in), Touch Right heel next to Left, ( knee turned out).
- 3 - 4                      Touch Right toe next to Left ( knee turned in), kick Right to Right diagonal.
- 5 - 8                      Step Right behind Left, step Left to Left side, cross Right over Left, HOLD.

Counts 1 - 4 are Dwight steps and they should travel slightly to the Right).

### Diagonal Lock Step Forward, Hold, Diagonal Lock Step Forward, Hold

- 1 - 4                      Step Left diagonally forward, lock Right behind Left, step Left diagonally forward, HOLD.
- 5 - 8                      Step Right diagonally forward, lock Left behind Right, step Right diagonally forward, HOLD.

### Mambo ¼ Turn, Hitch, Turn, Hitch, Turn, Touch.

- 1 - 2                      Rock forward on Left, Recover on Right.

- 3 - 4 Step Left to Left side making a  $\frac{1}{4}$  turn Left, hitch Right.
- 5 - 6 Make a  $\frac{1}{2}$  turn Left stepping Right to side, hitch Left.
- 7 - 8 Make a  $\frac{1}{2}$  turn Left stepping , touch Right next to Left.

**Start Again and have fun xx**

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