

Act Naturally

拍数: 64 墙数: 2 级数: Improver
编舞者: Michael Schmidt (DE) - November 2011
音乐: Act Naturally - Ringo Starr & Buck Owens : (easy tag only)



Altern. Song: Trouble Is A Woman – Julie Reeves [95/190 bpm] - no restart
Altern. Song: Long Tall Texan – Beach Boys ft. Doug Supernaw [98/196 bpm] - no restart
Altern. Song: Tequila Makes Her Clothes Fall Off – Joe Nichols [94/188 bpm] - easy restart
Altern. Song: Wastin' Time With You – Carlene Carter [92/184 bpm] - easy restart
Altern. Song: The Next Time I'm In Town – M. Knopfler & C. Atkins [84/168 bpm] - no restart (nice slow song to learn)
Altern. Song: Except For Monday – Lorrie Morgan [86/172 bpm] - easy restart (slow song to learn)

Start dancing on Lyrics – for the Lorrie Morgan song start dancing on the word “surprised”

POINT CROSS, HOLD, POINT SIDE, HOLD, SLOW COASTER STEP, HOLD

1-4 point right toe across left, hold, point right toe to side, hold
5-8 step back on right, step left beside right, step forward onto right, hold

POINT CROSS, HOLD, POINT SIDE, HOLD, SLOW COASTER TURN (¼ LEFT), HOLD

1-4 point left toe across right, hold, point left toe to side, hold
5-8 turning ¼ left on step back left, step right beside left, step forward onto left, hold

WALK, HOLD, WALK, HOLD, STEP ½ TURN STEP, HOLD

1-4 step right forward, hold, step left forward, hold
5-8 step right forward, turn ½ left (weight on left), step right forward, hold

WALK, HOLD, WALK, HOLD, ROCK RECOVER ¼ TURN STEP LEFT, HOLD

1-4 step left forward, hold, step right forward, hold
5-8 rock left forward, recover weight on right, turning ¼ to the left step left to side, hold *1

* easy restart (for Except For Monday by Lorrie Morgan only)

CROSS, HOLD, SIDE, HOLD, BEHIND SIDE CROSS, HOLD

1-4 step right over left, hold, step left to side, hold
5-8 step right behind left, step left to side, step right over left, hold *2 *3

* easy restart (for Tequila Makes Her Clothes Fall Off by Joe Nichols and Wastin' Time With You by Carlene Carter)

¼ TURN ROCK, HOLD, ¼ TURN RECOVER KNEE IN, HOLD, ¼ TURN STEP LOCK STEP, HOLD

1-4 turn ¼ left and rock forward by leaning body forward and holding the brim of the hat with your left hand, hold,

recover onto right turn body back to center and bend left knee in toward right knee, hold
(for an easier way: ¼ turn left & point left forward, hold, turn back & touch left beside right, hold)

5-8 turning ¼ left, release hat and step left forward, lock right behind left, step left forward, hold

ROCK, HOLD, RECOVER, HOLD, ¾ RIGHT SLOW TRIPLE TURN, HOLD

1-4 rock right forward, hold, recover weight on left, hold
5-8 turn ¾ to the right stepping right, left, right, hold

ROCK, HOLD, RECOVER, HOLD, SLOW COASTER STEP, HOLD

1-4 rock left forward, hold, recover weight on right, hold,
5-8 step back on left, step right beside left, step forward onto left, hold

REPEAT, Smile & Have Fun

***1 *2 *3 * easy Restart (different restarts for the different songs – but absolutely easy)**

***1 - If using the song “Except For Monday”, restart on wall 3 after first 32 counts**

***2 - If using the song from Joe Nichols, on wall 5 /section 5 replace 5-8 with Behind, Side, Touch, Hold and restart**

***3 - If using Carlene Carter’s song, on wall 6 /section 5 replace 5-8 with Behind, Side, Touch, Hold and restart**

*** Easy Tag (for Act Naturally by Buck Owens & Ringo Starr only) – after Round 3**

HEEL, HOOK, HEEL, HOLD, SLOW COASTER STEP, HOLD

1-4 touch right heel diagonally forward, hook right foot over left knee, touch right heel diagonally forward, hold

5-8 step back on right, step left beside right, step forward onto right, hold

HEEL, HOOK, HEEL, HOLD, SLOW COASTER STEP, HOLD

1-4 touch left heel diagonally forward, hook left foot over right knee, touch left heel diagonally forward, hold

5-8 step back left, step right beside left, step forward onto left, hold
