

Double HH

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rich Barnett (USA) - August 2012
音乐: Ooh Boy - Real McCoy : (Play at 116 bpm)



Alt. music:-

"Live, Laugh & Love" by Clay Walker (100 bpm)
"La Isla Bonita" by Madonna or "Alejandro" by Lady Gaga (100 bpm, play at 103)
"I'm Alive" by Celine Dion (102 bpm)
"Gangster of Love" by Johnny "Guitar" Watson (109 bpm)
"Vacation" by Brent Burns (113 bpm)

Reggae (Shimmy) to the Left 2X (1-8):

1 Step L to side / Shimmy
2 Shimmy
3 Step R next to L / Shimmy
4 Hold
5-8 Repeat steps 1-4

Side Step Right / Chasse' to Right; L KBC; Step Pivot ½ Right (9-16):

9 .1. Step R to side
10 .2. Close L to R
11 .3. Step R to side
& .&. Step L next to R
12 .4. Step R to side
13&14 .5&6. Left Kick / Ball / Change
15 .7. Step L forward
16 .8. Pivot ½ turn right transferring weight to the R

Monterey Turn ½ Left w/Cross; ½ Turn Left; Voltas to Right (17-24):

17 .1. Point L toe to side
18 .2. Pivot ½ turn left on ball of R transferring weight to the L as you bring the L next to the R
19 .3. Point R toe to side
20 .4. Step R across L (Cuban / Latin Cross or 5th position)
& .&. Pivot in place on balls of feet ½ turn left, finish w/weight on R
21 .5. Step L across R ball/flat (timing is ¾ beat)
& .&. Step/slide ball of R to side (timing is ¼ beat)
22-24 .6-8. Repeat steps 21& three more times (3X)

Volta to Left w/Holds; Whisk to Left; Whisk to Right w ¼ Turn Left (&25-32):

& .&. With weight on L swing R around and across L
25 .1. Step R across L ball/flat (Cuban / Latin Cross or 5th position)
26 .2. Hold
& .&. Step/slide ball of L to side (timing is ¼ beat)
27 .3. Step R across L ball/flat (Cuban / Latin Cross or 5th position) (timing is ¾ beat)
28 .4. Hold
29 .5. Step L to side ball/flat (timing is ¾ beat)
& .&. Step ball of R behind L while rising on ball of L (timing is ¼ beat)
30 .6. Drop L heel down, weight on L (timing is 1 beat)
31 .7. Step ball of R to side while making ¼ turn left (timing is ¾ beat)
& .&. Step ball of L behind R while rising on ball of R (timing is ¼ beat)
32 .8. Drop heel of R down, weight on R (timing is 1 beat)

Start sequence again.

Note: Cuban or Latin Cross is a 5th foot position (toe to heel), front foot flat, back foot on ball, toes out

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