

Two Step

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Lisa Johns-Grose (USA) & Gail Smith (USA) - July 2013
音乐: Two Step (feat. Colt Ford) - Laura Bell Bundy : (Album: Dance Y'all - Volume 1)



Intro: 24 Counts from the beginning or 16 Counts from the hard down beat - VOCALS - CCW rotation

Part A

SIDE-BEHIND-HEEL BALL CROSS- SIDE-BEHIND-HEEL BALL CROSS

1-2 Right side, left behind
&3&4 Step right to right, touch left heel diagonally forward, step left down, step right across left
5-6 Left side, right behind
&7&8 Step left to left, touch right heel diagonally forward, step right down, step left across right
12:00

***** TAG here at the end of wall 2. Happens facing 6:00

***** RESTART here on wall 4. Happens facing 3:00 (changes to wall 5)

HINGE TWO 1/4'S LEFT- CROSS SHUFFLE RIGHT- SIDE ROCK -REC- COASTER

1-2 Step right back making 1/4 turn left, step left 1/4 turn left
3&4 Crossover shuffle right, left, right
5&6 Left side rock, recover right
7-8 Step left back, step right next to left, step left forward 6:00

R KICK-HOOK-KICK, L KICK-HOOK-KICK, PIVOT 1/2, PIVOT 1/4

1 & 2 Kick R fwd, hook R in front of L shin, kick R fwd
&3&4 Step R together, kick L fwd, hook L in front of R shin, kick L fwd
& 5-6 Step L together, step R fwd, pivot 1/2 turn L
7 - 8 Step R fwd, pivot 1/4 turn L 9:00

***** RESTART here on wall 7. Happens facing 3:00

SAMBA STEPS, JAZZ BOX-CROSS

1 & 2 Step R across L, step ball of L to side, step R in place
3 & 4 Step L across R, step ball of R to side, step L in place
5 - 8 Step R across L, step L back, step R to side, step L across R 9:00

REPEAT

**** TAG: 1/4 TURN HIPS ROLLS (x4)

1-2 Touch right forward, pivoting 1/4 left, rolling your hips counter clockwise
3-8 REPEAT steps 1-2 three more times, 1/4 hip rolls, bringing you back to the 6:00 wall 6:00

PART B - PHRASED SECTION - 16 Counts (X2) Wall 6 12:00

STEP- SLIDE, STEP-SLIDE, STEP-TOGETHER, STEP ACROSS (Repeat same steps to left)

1-2-3 Step R to side, slide L over to R foot (weight on L), step R to side
& 4 Slide L over & step next to R foot, step R across L
5-6-7 Step L to side, slide R over to L foot (weight on R), step L to side
& 8 Slide R over & step next to L foot, step L across R

1/4 R STEP FWD, SIDE-BALL-STEP, HITCH, SIDE-BALL-STEP, TOUCH, 3 GRINDS, SWITCH (HEEL)

1 & 2 Turn 1/4 R and step R fwd, quick step onto ball of L out to side, step R in place
3 & 4 Hitch L diagonal in front of R knee, quick step onto ball of L out to side, step R in place
& 5-7 Touch L toe fwd and do 3 pelvic grinds keeping weight on R foot
(option: instead of grinds do syncopated hip bumps end with weight on R foot)

& 8 Step L down in place, tap R heel to fwd diagonal 3:00
YOU WILL REPEAT ALL OF THESE STEPS A SECOND TIME ! 6:00

SIMPLE ENDING: After completing jazz box-cross Unwind 1/2 turn R to face front!

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