

Gaby

拍数: 32 墙数: 4 级数: Improver WCS
编舞者: Séverine Fillion (FR) - October 2013
音乐: Birds of a Feather - Gretchen Wilson : (Album: Right On Time)



Start dancing on word : « When I'm ALONE... » (No Tag, No Restart)

[1-8] PRISSY WALKS, STEP LOCK STEP FWD, 1/4 TURN & BUMP, RECOVER 1/4 TURN, 1/4 TURN & BUMP, RECOVER 1/4 TURN

- 1-2 Walk fwd : Right cross over left, left cross over right
- 3&4 Right step fwd, « lock » left cross behind right, right step fwd
- 5 ¼ turn right touching left toe to the left with hip bump to the left 3 :00
- 6 Recover facing (1/4 turn left) stepping left fwd 12 :00
- 7 ¼ turn left touching right toe to the right with hip bump to the right 9 :00
- 8 Recover facing (1/4 turn right) stepping right fwd 12 :00

[9-16] 1/4 TURN & LARGE SIDE STEP, TOUCH, KICK BALL CROSS, SWEEP 1/4 TURN, BUMPS

- 1-2 ¼ turn right with a large left step to left side, Touch right next to left 3 :00
- 3&4 Kick right fwd, right ball next to left, left cross over right
- 5-6 Right Sweep : Slide right toe on the floor from back to front ¼ turning left. Ending with a touch right fwd (weight on left) 12 :00
- 7&8& Hip Bumps fwd, backward, fwd, backward (keep weight on left)

[17-24] (BACK SWEEP - TOUCH FWD) X 2, SAILOR STEP, SAILOR 1/4 TURN

- 1 Sweep right toe on the floor backward and put down right foot behind
- 2 Touch left toe fwd (with a little Hip Bump fwd)
- 3 Sweep left toe on the floor backward and put down left foot behind
- 4 Touch right toe fwd (with a little Hip Bump fwd)
- 5&6 Right cross behind left, left to left, right to right
- 7&8 Left cross behind right, ¼ turn left stepping right to right, left step fwd 9 :00

[25-32] STEP FWD, HOLD, 1/2 TURN, HOLD, OUT OUT, HOLD, BODY ROLL

- 1-2 Right step fwd, Hold
- 3-4 ½ turn left (passing weight on left), Hold 3 :00
- &5-6 Step right OUT, step left OUT, Hold (6)
- 7-8 Body circle : Make a circle with your hips (opposite clockwise)
- & Recover weight on left in center

Start again and enjoy !

Contact: ccfillion@wanadoo.fr