Sam's Song

拍数: 32

级数: Beginner

编舞者: Jan Brookfield (UK) - March 2014

音乐: Another Saturday Night - Sam Cooke

Alternative music : "Mr Know It All" by The Kentucky Headhunters - 112bpm

Section 1 : SUPREMES/MOTOWNS (side, close, side + elbows for styling, angle body towards diagonal) x 2

- 1,2,3,4 Step R to side, close L to R, step R to side, touch L next to R
- 5,6,7,8 Step L to side, close R to L, step L to side, touch R next to L

Section 2 : SIDE ROCK, RECOVER, SAILOR STEP, SIDE ROCK, RECOVER, ¼ TURN SAILOR STEP

- 9,10 Rock R to side, recover onto L
- 11&12 Step R behind L, step L to side, step R to side
- 13,14 Rock L to side, recover onto R
- 15&16 Making a quarter turn left step L behind R, step R to side, step L to side

Section 3 : OUT-OUT, IN-IN, FORWARD SHUFFLE, ROCK RECOVER

- 17,18,19,20 Step R out to side, step L out to side, step R in place, step L next to R
- 21&22 Shuffle forward on R,L,R
- 23,24 Rock L forward, recover onto R

Section 4 : HALF TURN SHUFFLE, ROCKING CHAIR, STEP, PIVOT HALF TURN

- 25&26 Making a half turn over left shoulder, shuffle forward on L,R,L
- 27,28, 29, 30 Rock R forward, recover onto L, rock R back, recover onto L
- 31,32 Step R forward, pivot half turn to left, transfer weight onto L (now facing 9 o'clock)

START AGAIN

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