

Cheesecake

拍數: 32 牆數: 3 級數: Advanced
編舞者: Scott Blevins (USA), Rachael McEnaney (USA) & Joey Warren (USA) - October 2014
音樂: Cheesecake - Teo : (iTunes)



#16 count intro to start on the lyric "Once"

[1-8] SIDE ROCK, 3/4 RIGHT SPIRAL, 3/4 RIGHT RUN AROUND, HALF, HALF, STEP

- 1 1) Rock R to right lifting L toe up while keeping L heel on floor and opening body to the left prepping for 3/4 turn right
- 2 2) Make 3/4 turn right as you transfer weight to L (R toe will be touching across L) [9:00]
- 3&4 3) Turn 1/8 right stepping R forward [11:00]; &) Step L next to R; 4) Turn 3/8 right stepping R forward [3:00]
- &5-6 &) Step L next to R; 5) Turn 1/4 right stepping R forward [6:00]; 6) Step L forward
- 7&8 7) Turn 1/2 left stepping R back [12:00]; &) Turn 1/2 left stepping L forward [6:00]; 8) Step R forward

[9-16] FWD ROCK, RECOVER, BACK, CROSS, BACK, BACK, CROSS, BACK ROCK, RECOVER, 3/8, 1/2, 1/4, CROSS

- 1&2& 1) Rock L forward; &) Recover to R; 2) Step L back toward left diagonal; &) Step R across L
- 3&4 3) Step L back; &) Step R back toward right diagonal; 4) Step L across R (body should be facing right diagonal [7.00])
- 5-6 5) Rock R back toward 1:00 and look over right shoulder; 6) Recover weight to L facing 7:00
- 7& 7) Turn 3/8 left stepping R back [3:00]; &) Turn 1/2 left stepping L forward [9:00]
- 8& 8) Turn 1/4 left stepping R to right [6:00]; &) Step L across R

****Restart here on the 3rd and 6th rotations. Both times, the dance will start facing 6:00 and you will restart facing 12:00.**

[17-24] BIG STEP, TOGETHER, CROSS, BACK, SIDE, CROSS, HOLD, BALL, CROSS, BACK, SIDE, CROSS, SIDE

- 1-2 1) Step R a big step to right; 2) Drag and step L next to R
- 3&4& 3) Step R across L; &) Turn 1/8 right stepping L back [7:00]; 4) Turn 1/8 right stepping R to right [9:00]; &) Step L across R
- 5&6 5) Hold; &) Step ball of R to right; 6) Step L across R
- 7&8& 7) Step R back on right diagonal; &) Step L to left side; 8) Step R across L; &) Step L to left

[25-32] CROSS BEHIND, CROSS BEHIND, SIDE, FORWARD, ROCKING CHAIR, STEP, PIVOT, 1/2 LEFT

- 1,2,3,4 1) Step R behind L; 2) Step L behind R; 3) Step R to right; 4) Step L forward
- Styling: Think of these almost like marching, pick up each foot (almost a hitch) and really step into it with hip action)**
- 5&6& 5) Rock R forward; &) Recover to L; 6) Rock R back; &) Recover to L
- 7-8& 7) Step R forward; 8) Turn 1/2 left taking weight on L; &) Turn 1/2 left on L (Think of 8& as one fluid turn)

Tag: After you complete the 7th rotation you will be facing the original 9:00 wall. Complete the tag below, then you will Restart from the top of the dance.

- 1-2 1) Step R to right (as if starting the dance); 2) Hold
- 3&4& 3) Drop R shoulder as you lift L shoulder; &) Drop L shoulder as you lift R shoulder; 4) Bump R hip to right; &) Bump L hip to left

Ending: After the Tag, you will dance 2 full rotations. You will finish the 9th rotation facing the original 3:00 wall and add the steps below.

1-2 1) Step R to right side (as if starting the dance) and bring L hand towards lips; 2) Blow a kiss to front wall

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