

Ska Beat

拍數: 32 牆數: 1 級數: Beginner
編舞者: Henny Nielsen (DK), Malene Clausen (DK) & Søren Kristensen (DK) - November 2014
音樂: Hit Me With Your Ska Beat by Jan Kaspersen, DK



All are Instructors from Wild Boots DK

Intro: 32 count

Sec. 1.: CHARLESTON RIGHT, LOCKSTEP RIGHT & LEFT

- 1 - 2 Kick Right Foot Forward. Step Back On Right.
- 3 - 4 Touch Left Toe Back. Step Forward On Left.
- 5 & 6 Step Right Diagonally forward Right. Lock Left behind Right, Step Right Diagonally forward Right
- 7 & 8 Step Left Diagonally forward Left. Lock Right behind Left, Step Left Diagonally forward Left

Sec. 2.: RIGHT ROCK, RECOVER, TRIPPEL FULL TURN, LEFT ROCK, RECOVER, ½ SAILOR LEFT

- 1-2 Rock Right Over Left, Rock Back Onto Left.
- 3& 4 Triple full turn, Stepping - Right, Left, Right.
- 5-6 Rock Left Over Right. Rock Back Onto Right.
- 7&8 Turning ½ Left sweep Left behind Right. Step Right beside Left. Step Left forward.

Sec. 3.: RUMBA BOX FORWARD, RIGHT COASTER STEP, STEP 1/2 TURN STEP.

- 1&2 Step Right to Right side. Close Left beside Right. Step forward on Right.
- 3&4 Step Left to Left side. Close Right beside Left. Step back on Left.
- 5&6 Step back on Right. Step Left beside Right. Step forward on Right.
- 7&8 Step Left forward, turn ½ Right, Step Left forward.

Sec. 4.: SIDE CHASSE RIGHT, ROLLING FULL TURN LEFT, TOUCH, CLAP

- 1&2 Step Right to side, step Left together, step Right to side
- 3-4 Back rock on Right, recover onto Left
- 5-6 Turn ¼ Left and step Left forward, turn ½ Left and step Right back
- 7-8 Turn ¼ Left and step Left to Left side, touch Right beside Left (clap)

Sec. 5. = TAG: MAMBO FORWARD, BACK, RIGHT KICK BALL CHANGE

- 1&2 Rock forward on Right. Rock back on Left. Step back on Right.
- 3&4 Rock back on Left. Rock forward in Right. Step forward on Left.
- 5 & 6 Kick Right forward, step Right beside Left, step Left beside Right

Direction for the TAGS

- wall. 1 – Sec. 1 + 2 + 3 + 4
- wall. 2 – Sec. 1 + 2 + 3 + 5
- wall. 3 – Sec. 1 + 2 + 3 + 4 + 5
- wall. 4 – Sec. 1 + 2 + 3 + 4
- wall. 5 – Sec. 1 + 2 + 3 + 5
- wall. 6 – Sec. 1 + 2 + 3 + 4 + 5
- wall. 7 – Sec. 1 + 2 + 3 + 4
- wall. 8 – Sec. 1 + 2 + 3 + 5
- wall. 9 – Sec. 1 + 2 + 3 + 4
- wall. 10 – Sec. 1 + 2 + 3 + 4

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