

Secret Lies

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pat Stott (UK) - January 2015
音樂: Dirty Lie - The Secret Sisters : (CD: Put Your Needle Down - single - iTunes)



Intro: 32 counts, approx 16 seconds (No Tags)

Chasse right, rock back, recover, step left, tap right toe, step right, tap left toe

- 1&2 . Step right to right, close left to right, step right to right
- 3-4 . Rock back on left, recover on right
- 5-6 . Step left to left turning body to right diagonal and dip down, tap right in place as you stand up again
- 7-8 . Step right to right turning body to left diagonal and dip down, Tap left in place as you stand up again

Choreographers note: try to give the steps 5-8 a funky feel

Chasse left, rock back, recover, cross, point, cross, point

- 1&2 . Step left to left, close right to left, step left to left
- 3-4 . Rock back on right, recover on left
- 5-6 . Step forward on right and slightly across left, point left to left (snap fingers of left hand to left side)
- 7-8 . Step forward on left and slightly across right, point right toe to side (snap fingers on LEFT hand)

Option: add shimmies as you step forward

Jazz box with 1/4 turn right, jazz jump forward, clap, jazz jump back, clap

- 1-4 . Cross right over left, step back on left, turn 1/4 right stepping right to right, step forward on left
- &5,6 . Jump forward stepping out on right, step out on left, hold and clap
- &7,8 . Jump back stepping back on right, back on left, hold and clap

Stomp, bounce heels x3 turning 1/4 left, rock back on left, recover on right, turn 1/4 right large step to left drag right towards left, tap

- 1 . Stomp right to right
- 2,3,4 . Gradually turning 1/4 left bounce both heels weight ending on right on beat 4
- 5-6 . Rock back on left, recover onto right
- 7-8 . Turn 1/4 right taking a big step to left dragging right towards left, then tap right next to left

Optional styling: whilst gradually turning on steps 2-4 lean slightly to the right with arms out to the sides.

End of the music turn 1/4 left and step right to right taaaadaaa!

Enjoy :-)

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