

Demain J'arrete (Tomorrow I'll Give It Up)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Betsy Courant (USA) - March 2015
音樂: Demain J'Arrête - Ben l'Oncle Soul



Dance starts after 16 counts (on lyrics)

SECTION 1: RIGHT KICK BALL CROSS (2X), BIG STEP, TOGETHER, HEEL TWISTS

1&2 Kick Right foot to right diagonal, step back on Right, cross Left over Right
3&4 Kick Right foot to right diagonal, step back on Right, cross Left over Right
5 - 8 Big step Right to right side (5), step Left next to Right (6), twist both heels to right (7), return heels to center (8)

SECTION 2: LEFT KICK BALL CROSS (2X) (traveling Left), BIG STEP, TOGETHER, HEEL TWISTS

1&2 Kick Left foot to left diagonal, step back on Left, cross Right over Left
3&4 Kick Left foot to left diagonal, step back on Left, cross Right over Left
5 - 8 Big step Left to left side (5), step Right next to Left (6), twist both heels to left (7), return heels to center (8)

SECTION 3: RIGHT ROCKING CHAIR, 2 HIP ROLL TURNS (1/4 turn)

1 - 4 Rock forward on Right, recover on Left, Rock back on Right, recover on Left
5 - 6 Step Right forward and make 1/8 hip roll pivot turn to left,
7 - 8 Step Right forward and make 1/8 hip roll pivot turn to left (9:00)

SECTION 4: RIGHT JAZZBOX, JUMP OUT, HEEL BOUNCE

1 - 4 Cross Right over Left, step back on Left, step Right to right side, step Left forward
&5-8 Jump out Right to right side (&), jump out Left to left side (5), bounce on heels 3 times

(OPTION FOR COUNTS 5 – 8) (a little harder):

&5&6 Jump out Right to right side, jump out Left to left side, jump in Right, then Left
&7&8 Jump out Right to right side, jump out Left to left side, jump in Right, then Left

VARIATION (WALL 8):

The music changes when at wall 8. You can dance wall 8 as described above, or replace wall 8 with the following 32 counts (NOTE: the last 8 counts are the same as the last 8 counts of the regular dance):

SECTION V1: STEP RIGHT (1), HOLD (2-4), ¼ TURN RIGHT STEP LEFT (5), HOLD (6-8)

1 – 4 Step Right to right side (1), hold for 3 counts (2-4)
5 – 8 ¼ turn right step Left to left side (5), hold for 3 counts (6-8)

SECTION V2: ¼ TURN RIGHT STEP RIGHT (1), HOLD (2-7), STEP LEFT TO LEFT SIDE (8)

1 - 8 ¼ turn right step Right to right side (1), hold for 6 counts (2-7), step Left to left side (8)

SECTION V3: STEP RIGHT (1), HOLD (2-4), ¼ TURN RIGHT STEP LEFT (5), HOLD (6-8)

1 – 4 Step Right to right side (1), hold for 3 counts (2-4)
5 – 8 ¼ turn right step Left to left side (5), hold for 3 counts (6-8)

SECTION V4: RIGHT JAZZBOX, JUMP OUT, HEEL BOUNCE

1 – 4 Cross Right over Left, step back on Left, step Right to right side, step Left forward
&5 Jump out Right to right side, jump out Left to left side
6 – 8 Bounce on heels 3 times

ENDING (WALL 11): Dance up to Section 2, counts 1 & 2, then dance the following

3&4

Kick Left foot to left diagonal, step down on Left, step Right across Left and make slow $\frac{1}{2}$ unwind left turn

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