

Amazeballs

拍數: 64 牆數: 4 級數: Improver
編舞者: Pat Stott (UK) & Tina Argyle (UK) - April 2015
音樂: Sometimes It Takes Balls to Be a Woman - Elizabeth Cook



Commences straight away on lyrics "sometimes" start on ".....times"

S1: Fan right, fan left

1-4 Right toe out, in, out, in
5-8 Left toe out, in, out, in

S2: Right toe out, right heel out, right heel in, right toe in, repeat with left

1-4 Fan right toe right out, right heel out, right heel in, right toe in
5-8 Fan left toe out, left heel out, left heel in, left toe in

S3: Heel forward, hold & clap, toe back, hold & clap, step, 1/2 pivot, step, hold

1-4 Right heel forward, hold & clap, right toe back, hold & clap
5-8 Step right forward, 1/2 pivot left, step forward on right, hold

S4: Heel forward, hold & clap, toe back, hold & clap, step, 1/4 pivot, cross, hold

1-4 Left heel forward, hold & clap, left toe back, hold & clap
5-8 Step left forward, 1/4 pivot right, cross left over right, hold

S5: Weave right, side, recover, cross, hold

1-4 Step right to right, left behind right, right to right, cross left over right
5-8 Rock right to right, recover, cross right over left, hold

S6: Weave left, side, recover and turn 1/4 right, step fwd, hold

1-4 Step left to left, cross right behind left, left to left, cross right over left
5-8 Rock left to left, recover onto right as you turn 1/4 right, forward on left, hold

S7: Rocking chair, jazz box with 1/4 turn right, hitch left

1-4 Rock forward on right, recover on left, rock back on right, recover on left
5-8 Cross right over left, back on left, 1/4 right stepping right to right, hitch left next to right leg

S8: Rumba box forward with stomp

1-4 Left to left, close right to left, left forward, tap right next to left
5-8 Right to right, close left to right, right back, stomp left next to right

Tag end of wall 2 and 4

1-8 Right heel strut, left heel strut, step, 1/2 pivot left, step, hold
9-16 Left heel strut, right heel strut, step, 1/2 pivot right, step, stomp right next to left without weight

Optional arms for section 1

1-4 Right fan - right hand out to right side, in, out, in
5-8 Left fan - left hand out to left side, in, out, in

Optional arms for section 2

1-4 Right hand out to right side, right elbow out, right elbow in, right hand in
5-8 Left hand out to left side, left elbow out, left elbow in, left hand in

Ending : Dance up to and including 1-4 of section 4 then just run 3 steps forward Taaa Daaa!

