A Little Dream

拍數: 32

級數: Improver

編舞者: Kirsi-Marja Vinberg (FIN) - September 2015

音樂: Dream a Little Dream of Me - Louis Armstrong & Ella Fitzgerald

SIDE, CROSS STEP, SIDE, SYNCOPATED BALL CHANGE(LIKE ROCK STEP) ACROSS R FOOT, SIDE, CROSS, SIDE, SYNCOPATED BALL CHANGE ACROSS L FOOT(LIKE ROCK STEP)

- 1-3 step right to side, step left across, step right to side
- a4 step left ball across right, step right in place
- 5-7 step left to side, right across left, step left to side

a8 step right ball across left, step left in place

ROLLING VINES R AND L

- step right to side and turn 1/4 right, turn 1/2 right on the right foot and step left back, turn 1/4 right 1-4 and step right to side(facing 12 o'clock), hold
- 5-8 step left to side and turn ¼ left, turn ½ left and step right back, turn ¼ left and step left to side(facing 12 0'clock)

PREP. FOR TURN AND TURN ¼ RIGHT, 3 WALKS FORWARD, SYNCOPATED ROCK STEP FORWARD, SLOW COASTER STEP, SWEEP

- turn 1/4 right and step 3 steps forward: right, left, right 1-3
- a4 step left ball forward, step right in place
- 5-7 step left back, right together, step left forward
- 8 sweep right foot from back to front

JAZZ BOX, SWAYS, BALL CHANGE

- 1-4 step right foot across left, step left back, step right to side, touch left together
- 5-7 step left to side and sway hips to left, right, left
- step right ball together, step left in place a8

Repeat

Ending: you have danced 8 counts (facing 6 o'clock) from the beginning, turn 1/2 more to the right in the first rolling vine (1+1/2) and then walk 3 steps forward facing the front wall and pose!

Note: All those syncopated steps you can replace with holds.

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牆數:4