

Ladies & Gentlemen

拍數: 130 牆數: 0 級數: AB Fun dance
編舞者: Paul McAdam (UK) - September 2015
音樂: Chivalry Is Dead - Trevor Wesley : (iTunes)



Count in: Approximately 16 Counts from Start of Track :: SEQUENCE AB AB ABB

PART A – 98 counts

A[1-8] Wizard Of Oz Steps, Slow Leg Sweep, Behind Side

1,2& Step left foot to left diagonal, lock right foot behind left, step left foot to left side
3,4 Step right foot to right diagonal, lock right foot behind left
5,6 Kick right foot to right diagonal and swing right leg back
7,8 Cross right foot behind left, step left foot to left side

A[9-16] TOUCH, STEP X 3, 1/4 TURN, PIVOT 1/2 TURN

1,2 Touch right toe next to left foot, step right to right side
3,4 Touch left toe next to right, step left to left side
5,6 Touch right toe next to left, make a 1/4 turn right and step forward on right
7,8 Step forward on left foot, pivot 1/2 turn right

A[17-24] HEEL, TOE 1/4 SWIVELS X2

1,2,3,4 Touch left heel forward, drop toes down, bend knees and swivel both heels left as you make a 1/4 turn right, swivel both heels right as you make a 1/4 turn left (weight ends on left)
5,6,7,8 Touch right heel forward, drop toes down, bend knees and swivel both heels right as you make a 1/4 turn left, swivel both heels left as you make a 1/4 turn right (weight ends on right)

A[25-32] STEP 1/2 TURN, STEP HOLD, FULL TURN FORWARD HOLD

1,2 Step forward on left foot, pivot 1/2 turn right
3,4 Step forward on left foot, hold a count
5,6 Make a 1/2 turn left and step back on right, make a 1/2 turn left and step forward on left
7,8 Step forward on right foot, hold a count

A[33-40] STEP HOLD, BALL STEP, FORWARD, CROSS HOLD, BALL CROSS SIDE

1,2 Step left foot to left side, hold a count
&3,4 Step back on ball of right foot, step forward on left foot, step forward on right
5,6 Cross left foot behind right foot, hold a count
&7,8 Step ball of right foot to right side, cross left foot over right, step right foot to right side

A[41-48] TOUCH 1/4, TOUCH SIDE, TOUCH, SIDE BEHIND, 1/4

1,2 Touch left toe next to right foot, make a 1/4 turn left and step forward on left
3,4 Touch right toe next to left foot, step right foot to right side
5,6 Touch left toe next to right, step left foot to left side
7,8 Cross right foot behind left, Make a 1/4 turn left and step left foot forward

A[49-56] VINE, HITCH, ROLLING VINE, TOUCH

1-4 Step right to right side, cross left behind right, step right to right side, hitch left knee across right
5-8 Make a 1/4 turn left and step forward left, make a 1/2 turn left and step back on right, make a 1/4 turn left and step left to left side, touch right toe next to left

A[57-64] CROSS HOLD, TOUCH, BACK HOLD, BALL STEP TOGETHER

1,2 Cross right foot over left, hold a count
3,4 Touch left toe forward, hold a count

5,6 step left foot back, hold a count,
&7,8 Step back on ball of right foot, step forward on left foot, step right foot together

A[65-98] REPEAT STEPS 1-32 OF PART A

PART B - 32 counts

B[1-8] STEP BUMP, BALL STEP BUMP X3, BALL STEP HOLD

1,2& Step left foot to left side, bump right hip to right side,, step ball of right foot next to left
3,4& Step left foot to left side, bump right hip to right side,, step ball of right foot next to left
5,6& Step left foot to left side, bump right hip to right side,, step ball of right foot next to left
7,8 Step left foot a large step to left side, hold a count

B[9-16] HEEL TOES SWIVELS WITH HIP ROLLS, INTO CROSS UNWIND 1/2 TURN

1,2 Swivel right heel in and slightly forward as you roll your hips left, swivel right toes in and slightly forward as you roll hips right
3,4 Swivel right heel in and slightly forward as you roll your hips left, swivel right toes in and slightly forward as you roll hips right
5,6 Swivel right heel in and slightly forward as you roll your hips left, swivel right toes in and slightly forward as you roll hips right
7,8 Swivel right heel in and across left foot, unwind a 1/2 turn left (weight end on left foot)

B[17-24] CROSS & BEHIND, 1/4 TOUCH, SWITCHES 1/4 TURN

1&2 Cross right foot over left, step left foot to left side, cross right foot behind left
&3,4 Make a 1/4 turn left and step forward on left foot, touch right toe next to left, hold a count
5&6 Touch right heel forward, switch and touch left heel forward
&7,8 Switch and step forward on right foot, pivot 1/4 turn left

B[25-32] TOGETHER, HEEL LIFT CROSS, KNEE DIP, KNEE STRAIGHTEN, HEEL LIFT UNCROSS, HEEL CROSS, TOUCH CROSS

1,2 Step right foot next to and slight forward on left foot, lift right heel off the ground and swivel over the top of left toes putting heel down on the other side of left toes
3,4 Pop left knee out to left side, straighten left knee
5,6 Lift right heel up and swivel it back across left toes and step right foot together but slightly back of left foot, lift left heel up and swivel it over right toes, putting it down on other side of right foot
7,8 Touch right toe out to right side, cross right over left.

END OF DANCE

SEQUENCE AB AB ABB

This Dance was choreographed for my first trip to Estonia in Haapsalu and is dedicated to the dancers of Dance Until You Drop, thanks for the memories.
