

Sadie's Dress

拍數: 32 牆數: 4 級數: Improver
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - October 2015
音樂: Sadie's Got Her New Dress On - Lee Matthews : (iTunes)



Side Rock Recover, Side Rock Recover, Side Together Forward, Mambo Step.

- 1-2& Step Left to Left, cross rock Right behind Left, recover on Left.
3-4& Step Right to Right side, cross rock Left behind Right, recover on Right.
5&6 Step Left to Left side, step Right next to Left, Step Left forward.
7&8 Rock forward on Right, recover on Left, step back on Right.

Back, 1/2, Step, 1/2 Step, , Forward Rock, Back Rock. Kick & Point.

- 1-2 Step Back on Left, 1/2 turn to Right stepping forward on Right. (6.00)
3&4 Step forward on Left, pivot 1/2 turn to Right. □step forward on Left.
5& Rock forward on Right, recover on Left.
6& Rock back on Right, recover on Left.
7&8 Kick Right forward, step Right next to Left, point Left to Left side. (*R*)

Sailor Step, Sailor 1/4, Rock, Recover, 1/2 Shuffle.

- 1&2 Cross step Left behind Right, step Right to Right side, step Left to Left side.
3&4 Cross step Right behind Left, make 1/4 turn to Right stepping Left to Left side, step Right to Right side. (3.00)
5-6 Rock forward on Left, recover on Right.
7&8 Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, 1/4 turn Left stepping forward on Left. (9.00)

Heel & Heel & Toe & Heel & Cross & Heel & Step, Twist, Twist.

- 1&2& Touch Right heel forward, step Right next to Left, touch Left heel forward, step Left next to Right.
3&4& Touch right toe next to Left, step Right next to Left, touch Left heel forward. step Left next to Right.
5&6& Cross Right over Left, step back on Left, touch Right heel forward, step Right next to Left.
7&8 Step Left forward, twist both heels to Left, twist both heels Right back to centre (weight ending on Right foot).

Restart on Wall 6

Dance up to including count 15& Section 2, then touch Left next to Right . Restart dance from beginning :)