

Have A Ball (P)

拍數: 32 牆數: 0 級數: Partner Fun Dance
編舞者: Tina Argyle (UK) - December 2015
音樂: Must've Had a Ball - Alan Jackson : (iTunes)



OR .Bye Bye Baby by Bay City Rollers – iTunes etc.

To be danced in a circle in pairs (as the Barn dance) - start side by side. Inner person starts with the left, outer person starts with the right.
You will have swapped places by the end of the dance and therefore swap start legs each time.

Enjoy... have a laugh... Have A Ball!! J

Hold partners hand standing side by side. Shuffle Forward x 3 Step Fwd. Touch

1&2 Step fwd, step together, step fwd. (Inner person lead with left - outer person lead with right)
3&4 Step fwd, step together, step fwd.
5&6 Step fwd, step together, step fwd.
7 - 8 Step fwd , Touch

Chasse Rock back Recover. Vine Cross. Inner person goes behind outer person on the vine

1&2 Step side together side (inner person to the left - outer person to the right)
3 - 4 Rock back, recover
5 - 6 Step side, behind (Inner person goes behind outer person to change places)
7 - 8 Step side, Cross over - (swap holding hands over)

Chasse Rock Back Recover. Vine ¼ Turn Touch to face each other hold partners hands in front

1&2 Step side together side (new inner person to the left - new outer person to the right)
3 - 4 Rock back, recover
5 - 6 Step Side, Cross behind
7 - 8 ¼ turn stepping fwd. Touch. (inner person ¼ turns right - outer person ¼ turns left)

Chasse Rock Back Recover, ¼ Turn Shuffle Back letting go of outer hands, Rock Back Recover

1&2 Step side together side (new inner person to the left - new outer person to the right)
3 - 4 Rock back, recover
5&6 ¼ turn stepping back, step together, step back-(inner person turns left - outer person turns right)
7 - 8 Rock back, recover -

You will be back in the original starting position but will have swapped places your with partner.
Inner person becomes outer/ outer person becomes inner - if progressing you will have a new partner.

Start the dance again

Enjoy!!