

Optimism

拍數: 32 牆數: 2 級數: Improver
編舞者: Kathryn Rowlands (WLS) - December 2015
音樂: Looking Up - Elton John : (amazon & iTunes)



Intro: 32 'and' counts [64 single counts], start on first piano 'feature'.

There is one 8-count Tag between Walls 5 and 6.

[1-8] Toe Struts, Rock and Cross x2

1&2&3&4 Right side strut, left cross strut, rock to right, recover on left, cross right foot over left
5&6&7&8 Left side strut, right cross strut, rock to left, recover on right, cross right foot over left (12:00)

[9-16] Monterey x2, Rock, Weave, Jack

1&2&3&4& Point right toe out to right side, pivot ¼ turn right on left foot, stepping right foot next to left; point left toe out to left side, step left foot beside right - Repeat (6:00)
5&6&7&8 Rock to right side, recover on left, cross right foot over left, step left foot to left side, cross right foot behind left, step left foot to left side, jack right heel forward (6:00)

[17-24] Kick, Step back x2, Mambo x2, Toe Touches

1&2,3&4 Kick right foot forward, step back on right foot, step back on left foot, Rock back on right foot, recover onto left, step right foot forward
5&6,7&8& Rock left foot forward, recover onto right, step left foot back, Touch right toe to right side, touch it in, out, in (6:00)

[25-32] Rock, Weave, Rock, Extended Cross Step

1&2&3&4 Rock to right side, recover on left, cross right foot over left, step left foot to left side, cross right foot behind left, step left foot to left side, cross right over
5&6&7&8 Rock to left side, recover onto right, step left foot across right, step right foot to right side, step left foot across right, step right foot to right side, step left foot across right, ending with weight on left foot (6:00)

Begin again – with style!

***At end of Wall 5, facing 6:00, there is an 8-count TAG:**

1&2&3&4 Touch right toe out-in-out-in, rock right and cross right foot over left
5&6&7&8 Touch left toe out-in-out-in, rock left and cross left foot over right

Start again from the beginning at Wall 6.

***At end of Wall 6, facing 12:00, there is a 'missed beat' in the music at the end of the pattern. Omit count '&32', and start at Section One [Wall 7]. This will keep the phrasing, and avoid the remainder of the dance being done against the beat.**

Dance ends facing 12:00 at the end of Wall 7.

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