

Needle & Thread

拍數: 64 牆數: 4 級數: Improver
編舞者: Sue Jepson (UK) - February 2016
音樂: Stitches - Shawn Mendes : (iTunes)



Intro: 80 counts from start of track, 34 secs – Start after the words “breathe me back to life”

Section 1: Step touch, touch out-in, weave left

1, 2, Step Right to Right side, touch Left next to Right
3, 4 Touch Left out to Left side, touch Left next to Right
5, 6 Step Left to Left side, step Right behind Left
7, 8 Step Left to Left side, step Right across Left

Section 2: Step touch, touch out-in, weave right, turn 1/8 R to diagonal, scuff

1, 2, Step Left to Left side, touch Right next to Left
3, 4 Touch Right out to Right side, touch Right next to Left
5, 6 Step Right to Right side, step Left behind Right
*****Step change / Restart here during Wall 5, facing 12 o'clock**
7, 8 Turn 1/8 to the Right diagonal corner and step Right forward. Scuff the Left.

Section 3: Rock, Recover, 1/2 turn Left to opposite diagonal, scuff, Right lock shuffle forwards, hold.

1, 2 Rock forward L (still facing diagonal), recover on to Right
3, 4 Turn 1/2 Left, stepping Left forward towards 7.30. Scuff the Right.
5, 6 Step Right forwards to 7.30, lock the Left behind the Right
7, 8 Step Right forwards to 7.30, hold

Section 4: Side rock, cross, step, twist and kick

1, 2, Rock Left to Left side as you turn 1/8 R (facing 9.00), step Right to Right side
3, 4 Step Left across Right, step Right next to Left
5, 6, 7 Twist heels to Right, twist toes to Right, twist heels to Right,
8 Kick Left to Left diagonal

Section 5: Step, kick – Step, kick, coaster step, scuff

1, 2, 3, 4 Step Left back, Kick Right to Right diagonal, Step back Right, kick Left to Left diagonal
5, 6, 7, 8 Step Left back, step Right next to Left, Step Left forwards, scuff Right

Section 6: Right lock shuffle forwards, hold; Step 1/2 turn step, hold

1, 2, 3, 4 Step forwards Right, lock the Left behind the Right, step forwards Right, hold
5, 6, 7, 8 Step Left forwards, turn 1/2 turn to the Right, stepping on the Right (3.00), step forwards left, hold

Section 7: Right Side rock, cross, hold; Left side rock, cross, hold

1, 2, 3, 4 Rock Right to Right side, recover on Left to Left side, step Right across Left,, hold
5, 6, 7, 8 Rock Left to Left side, recover on Right to Right side, step Left across Right,, hold

Section 8: Right Rocking chair, weave to the Right

1, 2, 3, 4 Rock Right forwards to Right diagonal (4.30), recover back on Left, rock Right back (still facing 4.30), recover forwards on Left
5, 6, Straightening on to 3.00 wall, Step Right to Right side, step Left behind Right,
7, 8 Step Right to Right side, step Left across Right
(If you like turns, you can make these last 4 counts into a rolling turn to the Right)

Start again

*****Restart /Step Change: On Wall 5, dance the first 6 counts of Section 2, then, instead of counts 7, 8, add the following**

7, 8 Step Right to Right side, step Left across Right (facing 12.00).

Restart facing 12.00

I've written this dance for my (Improved) Beginners and, although it has 64 counts, it is easy to follow with repeated sequences.

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