

Six Pack of Beer

拍數: 100 牆數: 2 級數: Intermediate
編舞者: Adelhardt Holgersen (DK) - March 2016
音樂: Six Pack of Beer - Hank Williams III : (CD: Damn Right Rebel Prou. - iTunes)



#8 count intro

Part A – 32 counts

Forward rock. Shuffle half turn Right. Forward rock. Shuffle half turn Left.

1-2 Rock forward on Right. Recover onto Left.
3&4 Shuffle half turn Right stepping Right. Left. Right.
5-6 Rock forward on Left. Recover onto Right.
7&8 Shuffle half turn Left stepping Left. Right. Left.

Side rock. Behind side cross. Side rock. Behind side cross.

1-2 Rock Right to Right side. Recover onto Left.
3&4 Cross Right behind Left. Step Left to Left side. Cross Right over Left.
5-6 Rock Left to Left side. Recover onto Right.
7&8 Cross Left behind Right. Step Right to Right side. Cross Left over Right. (12 o'clock)

Heel switches. Heel hook heel x2.

1& Touch Right heel forward. Step Right beside Left.
2& Touch Left heel forward. Step Left beside Right.
3&4 Touch Right heel forward. Hook Right in front of Left shin. Touch Right heel forward.
& Step Right beside Left
5& Touch Left heel forward. Step Left beside Right.
6& Touch Right heel forward. Step Right beside Left.
7&8 Touch Left heel forward. Hook Left in front of Right shin. Touch Left heel forward.
& Step Left beside Right.

Forward rock. Shuffle half turn Right. Forward rock. Triple step.

1-2 Rock forward on Right. Recover onto Left.
3&4 Half turn Right stepping Right. Left. Right.
5-6 Rock forward on Left. Recover onto Right.
7&8 Stepping Left. Right. Left (on the spot) (6 o'clock)

Part B – 28 counts

Right cross rock. Chasse Right. Left cross rock. Chasse Left.

1-2 Cross rock Right over Left. Recover onto Left.
3&4 Step Right to Right side. Step Left beside Right. Step to Right side.
5-6 Cross rock Left over Right. Recover onto Right.
7&8 Step Left to Left side. Step Right beside Left. Step to Left side.

Heel switches. Step ½ Turn Left x 2.

1 & Touch Right heel forward. Step Right beside Left.
2 & Touch Left heel forward. Step Left beside Right.
3-4 Step forward on Right, pivot ½ turn Left.
1 & Touch Right heel forward. Step Right beside Left.
2 & Touch Left heel forward. Step Left beside Right.
3-4 Step forward on Right, pivot ½ turn Left. (6 o'clock)

Chasse ½ Turn Right. Hitch. Chasse Left x 2.

- 1&2 Step Right to Right side. Step Left beside Right. ¼ turn Right stepping forward on Right.
 & ¼ turn Right hitch Left.
 3&4 Step Left to Left side. Step Right beside Left. Step Left to Left side.
 5&6 Step Right to Right side. Step Left beside Right. ¼ turn Right stepping forward on Right.
 & ¼ turn Right hitch Left.
 7&8 Step Left to Left side. Step Right beside Left. Step Left to Left side. (6 o'clock)

Diagonal Shuffle Right and Left. Heel stand Right and Left

- 1& Step Right diagonally forward Right. Step Left beside Right.
 2 Step Right diagonally forward Right.
 3& Step Left diagonally forward Left. Step Right beside Left.
 4 Step Left diagonally forward Left.
 5-6 Step Right heel forward. Step Left heel forward.
 7-8 Step Right back. Step Left beside Right. (6 o'clock)

Part C – 40 counts

Travelling Apple Jacks - Right and Left.

- 1-2 Swivel Right toe out and Left heel in. Swivel Right heel out and Left toe in.
 3-4 Swivel Right toe out and Left heel in. Swivel Right heel out and Left toe in. (Center)
 5-6 Swivel Left toe out and Right heel in. Swivel Left heel out and Right toe in.
 7-8 Swivel Left toe out and Right heel in. Swivel Left heel out and Right toe in. (Center)

Right Cross Rock x2. Side. Cross Rock. Side.

- 1-2 Cross rock Right over Left. Recover onto Left.
 3-4 Cross rock Right over Left. Recover onto Left.
 5 Step Right to Right side.
 6-7 Cross rock Left over Right. Recover onto Right.
 8 Step Left to Left side.

Right & Left 'Dorothy' steps. Weave Left.

- 1-2& Step Right diagonally forward Right. Lock Left behind Right. Step Right beside Left.
 3-4& Step Left diagonally forward Left. Lock Right behind Left. Step Left beside Right
 5-6 Cross Right over Left. Step Left to Left side.
 7-8 Cross Right behind Left. Step Left to Left side.

Stomp. Hold. ½ turn Left stomp. Hold. Hold. Hold. Heel stand Right and Left.

- 1-2 Stomp Right to Right side. Hold.
 3-4 ½ turn Left stomp Left to Left side. Hold.
 5-6 Hold. Hold.
 7-8 Step Right heel forward. Step Left heel forward. (12 o'clock)

Step. Step. Heel stand Right and Left. Step ½ turn Left.

- 1-2 Step Right back. Step Left beside Right.
 3-4 Step Right heel forward. Step Left heel forward.
 5-6 Step Right back. Step Left beside Right.
 7-8 Step forward on Right, pivot ½ turn Left. (6 o'clock)
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Ending : The last 16 counts starts at 6 o'clock :

Forward rock. Shuffle half turn Right. Forward rock. Coaster Step.

- 1-2 Rock forward on Right. Recover onto Left.
 3&4 Shuffle half turn Right stepping Right. Left. Right.
 5-6 Rock forward on Left. Recover onto Right.
 7&8 Step back on Left. Step Right beside Left. Step forward on Left.

Side rock. Behind side cross. Side rock. Behind side cross.

1-2 Rock Right to Right side. Recover onto Left.

3&4 Cross Right behind Left. Step Left to Left side. Cross Right over Left.

5-6 Rock Left to Left side. Recover onto Right.

7&8 Cross Left behind Right. Step Right to Right side. Cross Left over Right. (12 o'clock)

Note :

The music slows down 2 times.

You are dancing Part C, sec. 3, count 5-6-7-8.

Slow down these steps and wait for the beat, then continue the dance, stomp at the word "EVEN".

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