

拍數: 32 牆數: 4 級數: Beginner
編舞者: Richard Palmer (UK) & Lorna Dennis (UK) - March 2016
音樂: Little Black Dress - Sara Bareilles : (Album: The Blessed Unrest - iTunes)



Intro – 16 counts (start on vocals (count to 8 from the second chord))

Section 1: Toe Struts x 2, Kick-Ball-Change, Pivot ½ Turn

- 1, 2 Touch R toe forward, Lower R heel to floor
- 3, 4 Touch L toe forward, Lower L heel to floor
- 5 & 6 Kick R forward, Step R back, Recover onto L
- 7, 8 Step R forward, Turn ½ L transferring weight to L

(*Restart dance here on wall 5)

Section 2: Forward shuffle, ¼ turn, Touch, Side Touches x 2

- 1 & 2 Step R forward, Step L next to R, Step R forward
- 3, 4 Make a ¼ turn R stepping L to L side, Touch R toe next to L
- 5, 6 Step R to R side, Touch L toe next to R
- 7, 8 Step L to L side, Touch R toe next to L

(*Restart dance here on wall 3)

Section 3: Diagonal Step-Lock-Steps x 2, Pivot ½ turn

- 1, 2 Step R forward to R diagonal, Lock L behind R
- 3, 4 Step R forward to R diagonal, Step L forward to L diagonal
- 5, 6 Lock R behind L, Step L forward to L diagonal
- 7, 8 Step R forward, Turn ½ L transferring weight to L

Section 4: Jazz Box Cross, Side, Together, Heel Bounces x 2

- 1, 2 Cross-Step R over L, Step L slightly back
- 3, 4 Step R next to L, Cross-Step L over R
- 5, 6 Step R to R side, Step L next to R
- 7, 8 Bounce both heels twice

Restarts:-

On wall 3, Restart dance after 16 counts.

On wall 5, Restart dance after 8 counts.

Enjoy!

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