

Cake

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Noe J. Roldan (USA) - March 2016
音樂: Cake by the Ocean - DNCE : (Clean version available)



****1 – 8 count Tag, 1 – 16 count Tag, No Restarts**

Section 1 --- SCUFF – ROCK BACK – CROSS SWIVELS – STEP L FWD – 1/4 TURN AND STEP R IN PLACE – DOUBLE HEEL SWIVEL TO FACE FRONT

- 1-2 Scuff right heel – Step right foot back (rock back)
- & Switch weight to ball of left foot and swivel left heel outward
- 3 Step right foot forward and simultaneously swivel both heels inward returning full weight to feet (The right heel and the left toes will form an angle)
- & Switch weight back to balls of feet and simultaneously swivel both heels outward
- 4 Swivel both heels inward again and return full weight to feet
- 5 Turn both feet to face front (12:00) and step left foot forward
- 6 Make a pivot ¼ turn to right and step right foot in place (the right foot should still be in front)
- 7-&-8 Keeping the same foot figure and pivoting on balls of feet, swivel both heels right to face 1:00 – Swivel heels left to face 2:00 – Swivel heels right again to face 12:00 (Left foot should now be in front)

Section 2 --- R SAILOR – L SAILOR – ½ TURN W / TOE TOUCH – R TOE TOUCH ACROSS – R FOOT STEP BACK

- 1-&-2 Cross right foot behind left – Step left foot to side – Step right foot forward
- 3-&-4 Cross left foot behind right – Step right foot to side – Step left foot forward
- 5-6 Step right foot forward and make a ½ left turn – Touch in front with left toes
- &-7 Step down on left foot and hitch right knee up – Touch with right toes in front and across left leg
- &-8 Hitch right knee up – Step right foot slightly back and to the side of left (make sure right foot is NOT exactly next to the left, it MUST be slightly back for the next step)

Section 3 --- REVERSE TRAVELING APPLE JACKS – COASTER STEP – ¼ TURN CROSS STEP - * see optional replacement for applejacks below

- & Switch weight to both balls of feet and swivel both heels outward simultaneously
- 1 Swivel both heels inward and return full weight to feet
- &-2 Switch weight to balls of feet again to simultaneously swivel heels outward while stepping back with the left foot – Repeat step 1
- &-3 Switch weight to balls of feet again to simultaneously swivel heels outward while stepping back with the right foot – Repeat step 1
- &-4 Switch weight to balls of feet again to simultaneously swivel heels outward while stepping back with the left foot – Repeat step 1
- 5-&-6 Step right foot back – Step left foot next to right – Step right foot forward
- 7-&-8 Step left foot forward – Make a ¼ turn to right and step right foot back – Cross left foot in front of right

Section 4 --- R WIZARD – L WIZARD – R HEEL – L HEEL – R TOES – L HILL

- 1-2-& Step right foot diagonally forward to right – Lock left foot behind right – Step right foot diagonally forward
- 3-4-& Step left foot diagonally forward to left – Lock right foot behind left – Step left diagonally forward
- 5-& Touch right heel forward – Return right foot next to left
- 6-& Touch left heel forward – Return left foot next to right
- 7-& Touch with right toes next to left heel – Return right foot next to left

8-& Touch left heel forward – Return left foot next to right and prepare for right heel to scuff again

Optional sub for section 3 – REVERSE TRAVELING APPLEJACKS

Counts 1 – 4 on section 3 can be replaced with a simple walk backwards R – L – R – L. Add “attitude” for stile

TAG 1 - - - - - 8 count Tag at the end of wall four. The dance Restarts on count 1 of wall five after the Tag

***4 COUNT RIGHT SHOULDER ROLL – 4 COUNT LEFT SHOULDER ROLL**

- 1 - 3 Opening leg compass to a comfortable but not exaggerated position, roll right shoulder to right with a circular motion from the bottom up, bringing the body back to the center
- 4 Clap hands once
- 5 - 7 Roll left shoulder to left with a circular motion from the bottom up, bringing the body back to the center
- 8 Clap hands once

TAG 2 - - - - - 16 count tag at the end of wall nine. The dance Restarts on count 1 of wall ten after the Tag

***4 COUNT RIGHT SHOULDER ROLL – 4 COUNT LEFT SHOULDER ROLL – 2 COUNT RIGHT SHOULDER ROLL – 2 COUNT LEFT SHOULDER ROLL – HIP ROLLS R, L, R, L**

- 1 - 8 Repeat TAG 1
- 9-10 Roll right shoulder to right
- 11-12 Roll left shoulder to left
- 13-16 Roll hips to right, left, right, left

Note*□Any doubts or questions please e-mail me at musicmaker74@gmail.com, or refer to the tutorial and demo videos. Certain moves will be easier to understand by looking at the videos than by reading the step sheet

See you on the dance floor!!
