

Perseverance

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Mustang Sally (UK) - April 2016
音樂: Try Everything - Shakira : (Zootopia - soundtrack)



Start on "Tonight". (No Tags Or Restarts!)

Alternative: "Good for a good time" by Darius Rucker (Southern Style - CD) Start on "Ever".

Right heel grind. ¼ turn right, right coaster step, Left shuffle forward, step turn ½ left

- 1 Right heel grind
- 2 ¼ turn to right touching left foot next to right (facing 3 o'clock 1st wall / 9 o'clock 2nd)
- 3&4 Step back right, left next to right, step forward right
- 5&6 Step forward left, right next to left, step forward left
- 7 Step forward right
- 8 Turn ½ to left (facing 9 o'clock 1st wall / 3 o'clock 2nd)

Right vine with a touch, left syncopated weave

- 9 Step right foot to the right
- 10 Cross left foot behind right
- 11 Step right foot to the right beside left
- 12 Touch left beside right
- 13 Step left foot to the left
- 14& Cross right behind left and quickly step left foot to the left
- 15 Cross right foot over left foot
- 16 Step left beside right

Right and left Dorothy steps, 2 x 1/8th paddle turns to left

- 17 Step right foot diagonally forward
- 18& Lock left behind right, then quickly step right foot diagonally forward (on the "&")
- 19 Step left foot diagonally forward
- 20& Lock right behind left, then quickly step left foot diagonally forward (on the "&")
- 21 Step on right foot keeping weight slightly on ball of left foot
- 22 Turn 1/8th to left putting weight on left foot
- 23 Step on right foot keeping weight slightly on ball of left foot
- 24 Turn 1/8th to left putting weight on left foot (facing 6 o'clock end of 1st wall, 12 o'clock 2nd)

Right kick ball point, left kick ball change and left shuffle back, rock back right, recover

- 25& Kick right foot forward and step in place
- 26 Point left foot to left side
- 27& Kick left foot forward and step in place
- 28 Step on right foot
- 29& Step back left, right against left
- 30 Step back left
- 31 Rock back on right foot
- 32 Step forward on left

Start again.

Dance with attitude and have fun!

Regards,

Contact: mustang@blueyonder.co.uk
