

T-Shirt

拍數: 48 牆數: 4 級數: Phrased Intermediate
編舞者: Helen Woods (USA) - May 2016
音樂: T-Shirt - Thomas Rhett : (CD: Tangled Up)



#16 count intro following short percussion solo, support on left

Phrase sequence: A B A B A A B B A A A B

PART A – 32 counts

A1: TAP TAP, KICK, COASTER STEP, STEP, (TURN ½) SHIFT, 3 STEP TURN

- 1& Tap right forward, tap right forward
- 2 Kick right forward
- 3& Step right back, step left together
- 4 Step right forward
- 5 Step left forward
- 6 Turn ½ right shifting support right (6:00)
- 7& Turn ½ right stepping left back, turn ½ right stepping right forward (6:00)
- 8 Step left forward (6:00)

A2: ROCK FORWARD, RECOVER, COASTER STEP, ROCK FORWARD, RECOVER, TRIPLE QUARTER TURN

- 1 Rock right forward
- 2 Recover left
- 3& Step right back, step left together
- 4 Step right forward
- 5 Rock left forward
- 6 Recover right
- 7& Turn ¼ left stepping left to side, step right together (3:00)
- 8 Step left to side (3:00)

A3: CROSS, SIDE, SAILOR QUARTER TURN, TURNING HIP LIFT, COASTER STEP LEAP

- 1 Step right across left
- 2 Step left to side
- 3& Step right behind left, turn ¼ right stepping left to side (6:00)
- 4 Step right to side
- 5 Turn ¼ right touching ball of left to side lifting left hip (9:00)
- 6 Turn ¼ right dropping left heel (12:00)
- 7& Step right back, step left together
- 8& Step right forward, leap left forward (12:00)

A4: TOUCH, HOLD LEAP, TOUCH LEAP, TOUCH, BACK, BACK, (TURN ¼) SIDE, (TURN ½) SIDE

- 1 Touch right beside left
- 2& Hold, leap right forward
- 3& Touch left beside right, leap left forward
- 4 Touch right beside left
- 5 Step right back
- 6 Step ball of left back
- 7 Turn ¼ right stepping ball of right to side (3:00)
- 8 Turn ½ right stepping left to side (9:00)

PART B – 16 counts – clock faces continue from Part A

B1: BEHIND SIDE, CROSS, ROCK SIDE, RECOVER, CROSS SIDE, CROSS, SIDE (SWAY), SHIFT

(SWAY)

- 1& Step right behind left, step left to side
- 2 Step right across left
- 3 Rock left to side
- 4 Recover right
- 5& Step left across right, step right to side
- 6 Step left across right
- 7 Step right to side swaying shoulders right
- 8 Shift support left swaying shoulders left (9:00)

B2: TRIPLE STEP FORWARD, STEP, (TURN ½) SHIFT, TRIPLE HALF TURN, SIDE, SIDE

- 1& Step right forward, step left beside right
 - 2 Step right forward
 - 3 Step left forward
 - 4 Turn ½ right shifting support right (3:00)
 - 5& Turn ¼ right stepping left to side, step right together (6:00)
 - 6 Turn ¼ right stepping left back (9:00)
 - 7 Step right to side
 - 8 Step left to side (9:00)
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