

Hook

拍數: 56 牆數: 0 級數: Phrased Advanced
編舞者: Serena Salomoni (IT) - June 2016
音樂: Kayla Ann - Josh Christina



Sequence: A (first 24 count), B, Tag, A, B ,A (first 8 count), 1st Restart A, A, B, A (8 count), 2nd Restart A, B, A (8 count), 3rd Restart A, A, B, A (8 count)

PART A: 32 count

A1: KICK, HOOK ,KICK, HEEL JACK, APPLE JACK 2X, STOMP

1&2 RF kick forward, RF hook, RF kick forward
&3-4 RF step back, LF heel forward, LF step side
5 RF step side
6&7 toes out RF weight on heel/LF weight on toe, toes out RF weight on toe/LF weight on heel,
weight on both feet
8 LF stomp to RF

A2: SHUFFLE SIDE, ROCK BACK, RECOVER, SHUFFLE SIDE, ROCK BACK, RECOVER

1&2 RF step side, LF step next to RF, Rf step side
3-4 LF rock back, RF recover weight
5&6 LF step side, RF step next to LF, LF step side
7-8 RF rock back, LF recover weight

A3: DOROTHY STEP, DOROTHY STEP WITH 1/2 TURN R, HEEL TOUCH 2X, SCUFF-HOPSTEP

1-2& RF step diagonally R forward, LF lock back, RF step diagonally R forward
3-4& LF step diagonally L forward, turn 1/2 R RF cross behind LF, LF step side
5&6& RF touch heel forward, RF step next to LF, LF touch heel forward, LF step next to RF
7&8 RF scuff forward, hop & step forward

A4: HEEL SWIVEL, POINT OUT, STEP NEXT, POINT OUT 1/2 TURN, STEP NEXT, STOMP 2X

1-2 BF heel swivel R, return to center
3-4 RF point to side, RF step next LF
5-6 LF point to side, 1/2 turn L LF step next RF
7-8 RF stomp next LF 2x

PART B: 24 count

B1: STEP, HOLD, HOLD, STEP FWD, STEP FWD, HOLD, HOLD, 1/2 TURN L JUMP TOGETHER

1-2 RF step forward, hold
3-4 hold, LF step forward
5-6 RF step forward, hold
7-8 hold, 1/2 turn L jump with feet together

B2: JUMP OUT, HOLD

1-2 1 /2 turn L jump with feet out, hold
3-4 hold, RF step forward
5-6 LF step forward, hold
7-8 hold, hold

B3: HEEL FAN 2X, SAILOR STEP WITH 1/2 TURN R, HOLD, HOLD

1-2 RF turning on ball heel forward, return to centre
3-4 LF turning on ball heel forward, return to centre
5&6 1 /2 turn RF cross behind LF, LF step forward, RF step Forward
7-8 hold, hold

TAG: 8 COUNT

KICK, HOOK ,KICK, HEEL JACK, STEP 1/2 TURN L, STOMP 2X

1&2 RF kick forward, RF hook, RF kick forward

&3-4 RF step back, LF heel forward, LF step side

5-6 RF step forward, 1/2 turn L ending with weight on LF

7-8 RF stomp 2 times next to LF

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