

Cruel Summer

拍數: 32 牆數: 4 級數:
編舞者: Alison Austerberry (UK) & Barbara Mulholland (UK) - July 2016
音樂: Cruel Summer - Bananarama



Optional music:-

Cruel Summer – Ace of Base (very FAST)
Cruel Summer – Foxy Brown (Rap version)

STYLING (Optional)

Extreme Bananarama style – so dig out your beads, leg warmers and dungarees and remember 1983 and the long hot summers....having FUN in the sun.

RIGHT DOROTHY STEP, LEFT DOROTHY STEP, WALK, WALK, RIGHT SHUFFLE (3/4 turn)

1&2 Long step diagonally fwd right, step left behind right, small step fwd right.
3&4 Long step diagonally fwd left, step right behind left, small step fwd left.
5-6 Long Walks forward Right, Left (turning ¾ turn to the left)
7&8 Step fwd right. Step left beside right. Step right forward

LEFT MAMBO FORWARD, RIGHT MAMBO BACK, POINT, POINT, LEFT SAILOR ¼ TURN

9&10 Rock forward on left. Recover weight on right. Close left beside right
11&12 Rock back on right. Recover weight on left. Close right beside left
13-14 Point left toe forward. Point left toe to left side
15&16 Cross left behind right. Step right to right side. Step left to left side.(1/4 turn to left)

KICK & CROSS, & HOLD & DIP/SHIMMY & CROSS, & JUMP & JUMP & JUMP & STEP

17&18 Kick right to right diagonal. Step on ball of right. Cross left over right.
&19&20 & Hold. Dip OR Shimmy Shoulders. Step on ball of right,. Cross left over right.
&21&22 Hop on to the right. Touch left next to right. Hop to the left, touch right next to left
&23&24 Hop on to the right. Touch left next to right. Hop to the left. Step right beside left.

STEP, KICK (OR HINGE), RIGHT LOCKSTEP BACK, TURNING WALKS, LEFT SAILOR STEP

25-26 Step forward on left, kick right forward (or hinge right knee)
27&28 Step back on right. Step left beside right. Step back on right.
29-30 Step on left, making ¼ turn left. Step on right making ¼ left (swaying shoulders)
31&32 Cross left behind right. Step right to right side. Step left to left side

END OF DANCE

RESTARTS : End WALL 4, 5 and 8