

Lisa's Dance

拍數: 64 牆數: 2 級數: Beginner / Improver
編舞者: Mick (Mickyboy) Watts (UK) - September 2016
音樂: Sweet Little Lisa by Major Dundee Band



Alternative Music: Badly Bent by The Tractors(cd The Tractors).
Or at Christmas: Winter Wonderland by Dean Martin

Note: Start the dance on the vocals.(16 counts after heavy beat).(No Tags Or Restarts – enjoy)

[1 – 8] Step kick right & Left – Weave to right.

1 – 2 Step right to right & kick left to right diagonal.
3 – 4 Step left to left & kick right to left diagonal.
5 – 8 Step right to right, step left behind right, step right to right, step left beside right

[9 – 16] Swivel heels toes heels x 2- hold & clap.

9 – 12 Swivel heels to left, toes to left, heels to left, Hold & clap.
13 – 16 Swivel heels to right, toes to right, heels to right, Hold & clap.

[17 – 24] Step kick left & right – Weave to left.

17 – 18 Step left to left & kick right to left diagonal.
19 – 20 Step right to right & kick left to right diagonal.
21 – 24 Step left to left, step right behind left, step left to left. Step right beside left

[25 – 32] Swivel heels toes heels x2 - hold & clap.

25 – 28 Swivel heels to right, toes to right, heels to right, Hold & clap.
29 – 32 Swivel heels to left, toes to left, heels to centre, Hold & clap.

[33 – 40] Rocking chair – Step pivot 1/2 left – turn 1/2 left.

33 – 36 Rock forward on right, recover on left, rock back on right, recover on left.
37 – 40 Step forward on right, pivot 1/2 turn left, turn 1/2 left stepping back on right.

[41 – 48] Coaster step, Hold, Rock & cross, Hold.

41 – 44 Step back on left, Step right side of left, step forward on left, Hold.
45 – 48 Rock to right on right, recover on left, cross right over left, Hold.

[49 – 56] Rumba box with holds.

49 – 52 Step left to left, bring right to left, step forward on left, Hold.
53 – 56 Step right to right, Bring left to right, step back on right, Hold.

[57 – 64] Coaster step – Hold, Step pivot 1/2 left – Step Right to left – Hold.

57 – 60 Step back on left, bring right to left, step forward on left , Hold.
61 – 64 Step forward on right, pivot 1/2 turn left, step right to left with a touch.