

He's Italiano

拍數: 32 牆數: 4 級數: Improver
編舞者: Lene Mainz Pedersen (DK) - November 2016
音樂: Mamma mia (He's italiano) (feat. Glance) - Elena : (iTunes)



Start: Dance begins on vocals after 16 Counts..

[Sec. 1] Side Rock, Behind side Cross, 4 swivels L-R-L, 1/4 turn R

- 1-2 Rock R to R side, Recover on L
- 3&4 Cross R behind L, Step L to L side, Cross R in front of L
- 5-6 Swivel both heels right as you step L to left side, swivel both heels left as you step R to right side
- 7-8 Swivel both heels right as you step L to left side, swivel both heels left as you make a 1/4 turn right stepping R fw (3:00) (You're up when you go in L diagonal, and down when you go R – see it as a Skate on you're toes)

[Sec. 2] Dorothy L + R, Cross Back, Side Rock L,

- 1-2& Step L fw in L diagonal, Lock R slightly behind L, Step L fw in L diagonal (1:30)
- 3-4& Step R fw in R diagonal, Lock L slightly behind R, Step R fw in R diagonal (4:30)
- 5-6 Cross L in front of R (3:00), Step R back *** Tag & Restart
- 7-8 Rock L to L side, Recover on R

[Sec. 3] L sailor, hold, R ball, L side, R points fw - side, R sailor into R side shuffle

- 1&2 Cross L behind R, Step R beside L, Step L to left side
- 3&4 hold (shimmy shoulders), step R beside L, step L to L side
- 5-6 Point R toe across L, point R to R side
- 7&8&1 Cross R behind L, step L beside R, step R to R side, step L beside R

[Sec. 4] R side (end of R shuffle), L points fw - side, L sailor 1/4 turn L, Turn 1/4 L - Stomp R x 3

- 2-3 Step R to R side, point L toe across R, point L to L side
- 4&5 Turn 1/4 L Step/Sweep L behind R (12:00), step R beside L, Step L fw
- 6-8 Make 1/4 turn L Stomp R to R side (weight on L) (9:00), make 1/4 turn L Stomp R to R side (weight on L) (6:00) Make 1/4 turn L Stomp R to R side (weight on L) (3:00)

Begin again – Happy Go Lucky ☐

Tag & Restart: Wall 10 after 14 Counts (6:00)

- 7-8 Step L to L side, Touch R beside L

Ending: Ends (6:00) Cross R in front of L, unwind 1/2 L stepping down on R and Pooooooooose ☐

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