

Kaptein

拍數: 72 牆數: 4 級數: Phrased Intermediate
編舞者: Joran van der Noll (NL) - January 2017
音樂: Kaptein - Kurt Darren



Info: start after 48 counts (±22 sec.)

Sequences: A-A-B-C-C-A-A-B-C-C-A-A-B-C with bridge-A-A-B- end

Part A: 32 counts

A[1 – 8] Heel Bounce 8x With Hand Movements

- 1 – 4 Bounce R heel lifting R hand up horizontally
5 – 8 Bounce R heel pulling elbow to body while making a fist

A[9 – 16] Heel Bounce 8x With Hand Movements

- 1 – 2 Bounce L heel while saluting with L hand
3 – 4 Bounce L heel with pointing L finger fwd.
5 – 8 Bounce L heel and point L thumb to chest (5-7), Step L fwd. (8)

A[17 – 24] Charleston 2x

- 1 – 4
5 – 8 Point R fwd. (1), step R back (2), point L back (3), step L fwd.(4)
Point R fwd. (5), step R back (6), point L back (7), step L fwd.(8)

A[24 – 32] 1/4 Step Turn 2x, Jazz Box

- 1 – 4 Step R fwd.(1), ¼ Turn L (2), step R fwd.(3), 1/4 Turn L (4)
5 – 8 Step R across L (5), step L back (6), step R to side (7), step L fwd. (8)

Part B

B[33 – 40] Chassé, Rock Back 2x

- 1 & 2 3 4 Step R to side (1), step L next to R (&), step R to side (2), rock L back (3), recover to L (4)
5 & 6 7 8 Step L to side (5), step R next to L (&), step L to side (6), rock R back (7), recover to R (8)

Part C

C[41 – 48] Monterey Turn 2x

- 1 – 4 Point R to side (1), R step R next to L, ½ Turn R (2), point L to side (3), step L next to R (4)
1 – 5 Point R to side (5), R step R next to L, ½ Turn R (6), point L to side (7), step L next to R (8)

C[49 – 56] Dorothy 2x, Points, Coaster Step

- 1 – 2& Step R diagonal fwd.(1), lock L behind (2), step R diagonal fwd. (&)
3 – 4& Step L diagonal fwd.(3), lock R behind (4), step L diagonal fwd. (&)
5 – 6 Point R fwd.(5), point R to side (6)
7 & 8 Step R back (7), step L next to R(&) , step R fwd.(8)

C[57 – 64] Points, Coaster, Rock, Shuffle 1/2 Turn

- 1 – 2 Point L fwd.(1), point L to side (2)
3 & 4 Step L back (3), step R next to L (&), step L fwd. (4)
5 – 6 Rock R fwd. (5), recover to L (6)
7 & 8 1/4 Turn R stepping R to side (7), 1/4 Turn R stepping L next to R (&), step R fwd. (8)

C[65 – 72] Rock, 1/4 Turn, Side + Hold 2x, Side + Touch

- 1 – 2 Rock L fwd. (1), recover to R (2)
3 – 4& 1/4 Turn L stepping L to side (3), hold (4), step R next to L (&)
5 – 6& Step L to side (5), hold (6), step R next to L (&)

7 – 8 Step L to side (7), touch R next to L (8)

Bridge: Dance wall 14 up to count 70 and add:

7 – 8 1/4 Turn L stepping L fwd., R scuff fwd.

1 – 4 Step R across L, step L back, step R to side, step L across R

End: Rf close next to Lf and pose R hand saluting

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