

In Your Suitcase

拍數: 32 牆數: 4 級數: Improver
編舞者: Raymond Sarlemijn (NL) & Niels Poulsen (DK) - January 2017
音樂: Take Me with You - Adil : (iTunes)



Intro: 32 counts into music (app. 18 secs. into track). Weight on L foot

****2 easy Restarts:**

(1) On wall 2 (starts facing 3:00), after 8 counts, now facing 12:00

(2) On wall 5 (starts facing 6:00), after 8 counts, now facing 3:00...

Tag: After wall 7 (starts facing 6:00), now facing 9:00. Do the first 4 counts of the dance, then Restart

[1 – 8] R & L mambo fwd and back, step ¼ L, R kick ball change

1&2 Rock fwd on R (1), recover back on L (&), step back on R (2) 12:00

3&4 Rock back on L (3), recover fwd on R (&), step fwd on L (4) 12:00

5 – 6 Step R fwd (5), turn ¼ L stepping onto L (6) 9:00

7&8 Kick R fwd (7), step R next to L (&), change weight to L (8) * restarts here on walls 2 and 5
 9:00

[9 – 16] Rock R fwd, full triple turn R, rock L fwd, full triple turn L

1 – 2 Rock fwd on R (1), recover back on L (2) 9:00

3&4 Turn ½ R stepping fwd on R (3), turn ½ R stepping L next to R (&), step R fwd (4) 9:00

5 – 6 Rock fwd on L (5), recover back on R (6) 9:00

7&8 Turn ½ L stepping fwd on L (7), step ½ L stepping R next to L (&), step L fwd (8) 9:00

NOTE! Non-turny option: Rather than doing the 2 full turns in this section you can replace them with 2 coaster steps, first a R coaster step then a L coaster step.

[17 – 24] Syncopated cross rocks R & L, cross, side, R sailor ¼ R

1 – 2& Cross rock R slightly over L (1), recover back on L (2), step R to R side (&) 9:00

3 – 4& Cross rock L slightly over R (3), recover back on R (4), step L to L side (&) 9:00

5 – 6 Cross R over L (5), step L to L side (6) 9:00

7&8 Cross R behind L (7), turn ¼ R stepping L next to R (&), step R fwd (8) 12:00

[25 – 32] Walk L R, shuffle L fwd, R jazz box ¼ R, step L fwd

1 – 2 Walk L fwd (1), walk R fwd (2) 12:00

3&4 Step L fwd (3), step R next to L (&), step L fwd (4) ... 12:00

(Turny option for counts 2-3&4: turn ½ L stepping back on R, then do a shuffle ½ turn L on LRL)

5 – 8 Cross R over L (5), start turning ¼ R stepping L back (6), finish ¼ R stepping R slightly fwd (7), step L fwd (8) 3:00

Start again

Ending: To end at 12:00: Start wall 11 (starts at 6:00). Do up to count 24. You're now facing 6:00. Then step L fwd (count 25), turn ½ R onto R (count 26) to face 12:00 again! 12:00

Last Update - 30th Jan 2017