

12 Step Two Step

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Wendy Johansson (CAN) - January 2017
音樂: 12 Step Program (Of Love) - D.D. Alan : (amazon)



Intro: 32 counts (approx 12 sec). Start on lyrics.

Restart/Tag on the end of Wall 4.

[1-8] Skate R/L, 3 Step Weave with 1/4 Turn Sweep.

1 3 Skate R to right diagonal, hold '2' - skate L to left diagonal, hold '4.'
5 6 7 8 Step R to right side, Cross L over R, Step R making 1/4 Turn to L (to face 9:00) and sweep L leg back on count '8.'

[9-16] . Coaster L, Scuff & Step R, Heel bounce 2x with 1/2 Turn L

1 2 3 4 Step back on L, Step R beside L, Step forward on L. Scuff R.
5 6 7 Step R. Make 1/2 Turn to left with 2 heel bounces (to face 3:00). Hold on '8.'

[17-24] Twinkle Back L/R.

1 3 4 Step back on L, hold on '2' - Step back on R with 1/8 turn (to face 4:30), Step back on L (still on diagonal).
5 7 8 Step back on R (squaring up to 3:00), hold on '6' - Step back on L with 1/8 turn (to face 1:30), Step back on R (still on diagonal).

[25-32] Weave L 1/4 Turn, Full Spiral Turn, Shuffle Forward.

1 2 3 4 Step L behind R, 1/4 Turn to right on R (to face 6:00), Step forward on L. Make a full spiral turn to right with weight on L.
5 6 7 Shuffle: Step R forward, Step L beside R, Step R forward. Hold '8.'

[33-40] Mambo L sweep, Weave L,

1 2 3 4 Step L forward, Recover R, Step L beside R, Sweeping R back behind L.
5 6 7 Step R behind L, Step L to right side, Cross R over L to left side. Hold '8.'

[41-48] 1/4 Chase Turn R, Full Rolling Turn L, Step Forward L.

1 2 3 Step on L to left side, 1/4 pivot onto R (to face 9:00), Step forward on L. Hold '4.'
5 6 7 8 Turn to L: 1/4 on R, 1/2 on L, 1/4 on R. Step forward L.

Fun Turning Option: Two full turns - 1/2 Turn 4x R/L/R/L

Restart/Tag: At the end of Wall 4, omit last step on L (count 48) and hold instead (Facing 12:00). Then repeat Counts 33-48 (last 16 counts of dance). Begin again (Facing 3:00).

Ending: Last wall begins at 3:00 - Dance first 14 counts to end facing 9:00. Bump R hip to R side and hold :D

To make this an "Improver" Level dance or offer options to Full turns: Omit full spiral turn on count 28 and just hold instead. And Omit full rolling turn on counts 45 to 47 and shuffle forward instead.

I choreographed this dance as a contest entry hosted by Karen Hedges.

A Special THANK YOU to Karen for providing this Fun opportunity :)

And a Special THANK YOU to Sharon Fromow for telling me about it :)

And a Shout Out to the Musical Artist D.D.Allan for donating a portion of the proceeds to MADD (Mothers Against Drunk Driving)!!

Contact: thejohanssons@shaw.ca

