㿔數： 1
級數：Phrased High Improver
編舞者：Anna Oldberg（SWE）－February 2017
音樂：Her Kiss－Boris René ：（Spotify）


Sequence：A，A，B，C，C，C，A，B，C，C，C，＂Tag＂，C，C，C，C
Intro： 8 counts

## Section A：$\square 32$ COUNTS

A1）［1－8］$\square$ Vine $1 / 2$ with scuff，Vine with scuff

| $1,2,3,4$ | Step Rf to right side（1），step Lf behind Rf（2），turn $1 / 4$ right stepping forward on $R f$（ 3 ），turn $1 / 4$ <br> right still on Rf while scuffing Lf towards left diagonal（4） |
| :--- | :--- |
| $5,6,7,8$ | Step Lf to left side（5），step Rf behind Lf（6），step Lf to left side（7），scuff Rf across Lf（8） |

A2）［1－8］Cross rock，Side rock，Behind rock， $1 / 4,1 / 4$
1，2，3， $4 \quad$ Cross rock Rf over Lf（1），recover on Lf（2），Side rock Rf to right side（3），recover on Lf（4）
$5,6,7,8 \quad$ Cross rock Rf behind Lf（5），recover on Lf（6），turn $1 / 4$ left stepping back on $\operatorname{Rf}(7)$ ，turn $1 / 4$ left stepping Lf to left side（8）
During counts 5 －8，wiggle your head from side to side（ $L, R, L, R$ ）on each count
A3）［1－8］＊ロLock step with scuff，Lock step with scuff
1，2，3， 4
Rf step forward（1），lock Lf behind Rf（2），
（2），Rf step forward（3），scuff Lf forward（4）
$5,6,7,8 \quad$ Lf step forward（5），lock Rf behind Lf（6），Lf step forward（7），scuff Rf forward（8）

A4）［1－8］$\square$ Figure 8
1，2，3， $4 \quad \begin{aligned} & \text { Rf step to right side（1），step Lf behind } R f(2), \text { turn } 1 / 4 \text { right stepping forward on } R f(3) \text { ，step } \\ & \text { forward on Lf（4）}\end{aligned}$
$5,6,7,8 \quad$ Pivot $1 / 2$ right stepping forward on $R f(5)$ ，turn $1 / 4$ right stepping Lf to left side（6），step Rf behind $\operatorname{Lf}(7)$ ，step Lf to left side（8）

## Section B：$\square 32$ COUNTS

B1）［1－8］$\square$ Kick，Hold，Hook，Kick，Close，Kick，Hook，Kick
1，2，3， $4 \quad$ Kick Rf forward with arms over your head and out（like a Y）with palms facing forward（1）， Hold（2），hook Rf across left knee and let the arms fall down（3），kick Rf forward（4），
$5,6,7,8 \quad$ Step Rf together（5），kick Lf forward（6），hook Lf across right knee（7），kick Lf forward（8）
B2）［1－8］Stomp，Hold，Back，Kick，Back rock，Step，Touch
1，2，3，4 Stomp Lf forward bending／pressing left knee with arms out to the sides，palms facing back
5，6，7， $8 \quad$ Rock back on Lf（5），recover on Rf（6），step Lf forward（7），touch Rf next to Lf（8）

1，2，3， $4 \quad$ Pop right knee in towards left knee with arms a little bent above your head looking a little down to the right（like you are smelling your armpit）（＂Elvis move＂）（1），Hold（2），pop left knee in towards right knee（3），pop right knee in towards left knee（4）
$5,6,7,8 \quad$ Cross Rf over Lf while letting your arms down（5），step back on Lf（6），step Rf a little to right side（7），cross Lf over Rf（8）

B4）［1－8］DBack，Touch，Back，Touch，Walk 4

| 1，2，3， | Rf step back（on the diagonal）arms up to the left（1），touch $L f$ next to $R f$ while bringing your <br> arms down to the right side and snap your fingers（2），Lf step back（on the diagonal）arms up <br> to the right（3），touch Rf next to Lf while bringing your arms down to the left side and snap |
| :--- | :--- |
| your fingers（4）， |  |

## Section C: $\square 32$ COUNTS

C1) [1-8] H Heel, Toe, Heel, Close, Heel, Toe, Heel, Close
1, 2, 3, 4 Touch heel of Rfforward (crossing Lf) (1), touch toes of Rf diagonally back (2), touch heel of Rf forward (crossing Lf) (3), step Rf together (4)
$5,6,7,8 \quad$ Touch heel of Lf forward (crossing Rf) (5), touch toes of Lf diagonally back (6), touch heel of Lf forward (crossing Rf) (7), step Lf together (8)

C2) $[1-8] \square 1 / 4$ touch, $1 / 4$ touch, $1 / 4$ touch, $1 / 4$ touch
1, 2, 3, $4 \quad$ Turn $1 / 4$ left stepping Rf to the side (1), touch Lf next to Rf (2), turn $1 / 4$ left stepping forward on Lf (3), touch Rf next to Lf (4),
$5,6,7,8 \quad$ Turn $1 / 4$ left stepping back on Rf (5), touch Lf next to Rf (6), turn $1 / 4$ left stepping Lf to the left side (7), touch Rf next to Lf (8). These steps creates something like a box, and you are "travelling" left (based on 12 o'clock wall). Don't overdo these steps technically, it's really only 4 step touches turning left until you're back towards 12 o'clock wall..... Feel free to snap your fingers on the touches.

C3) $[1-8] \square$ Vine with cross, Slide, Drag, Together
1, 2, 3, 4 Step Rf to right side (1), step Lf behind Rf (2), step Rf to right side (3), cross Lf over Rf (4)
$5,6,7,8 \quad$ Slide (a little longer step) Rf to the right for two counts putting weight on $\mathrm{Rf}(5,6)$, drag Lf towards Rf and step together with Rf over two counts $(7,8)$. Weight is on both feet and shoulder width apart

C4) [1-8]口Apple jacks**, Kick, Hold, Run and kick 3
1\&2\&3\& With weight on heel of Lf and on toes of Rf turn toes of Lf and heel of Rf to the left (to form a ${ }^{\prime} \mathrm{V}$ ') (1), back to center ( $\&$ ), with weight on heel of Rf and on toes of Lf turn toes of Rf and heel of Lf to right (to form a ' $V$ ') (2), back to center (\&), With weight on heel of Lf and on toes of Rf turn toes of Lf and heel of Rf to the left (to form a ' $V$ ') (3), back to center with weight on $\operatorname{Rf}(\&)$
4, 5, 6, 7, 8 Kick Lf forward moving Lf slowly up (i.e. not a firm, static kick) (4), Hold (5), step Lf next to Rf while kicking and running in place leaning upper body slightly back $R, L, R(6,7,8)^{* * *}$ (feet flexed when kicking)
*: "Tag" = simply do part 3 and 4 of section A
** Easier options for counts $1-3 \&$, section C (part 4): Any kind of twist or swivel, syncopated is optional.
On \& (after count 3), make sure your weight is on the Rf.
*** Somewhat less intense (but still fast) moves for 6, 7,8 part 4 of section C: stay in place and kick forward. Each step together is then considered an \&-count.

Choreographer note: the level - high improver - is set due to the many steps, quick tempo and the apple jacks.

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