

101 Proof

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Larry Bass (USA) & Sue Ann Ehmann (USA) - July 2017
音樂: Wild Turkey 101 Proof - Kenny "Blues Boss" Wayne : (CD: An Old Rock On a Roll - amazon and iTunes)



Intro: 32 Counts (begin on lyrics)

[1-8] □ KICK-BALL-CHANGE, BOOGIE WALKS, (aka SHORTY GEORGE), TRIPLE FORWARD, ROCK
□ RECOVER

1&2 Kick right forward, step ball of right beside left, step left slightly forward
3-4 Small step forward on the ball of right (you should be on the balls of both feet □ with both knees bent) and shift both knees to the right side (3), small step forward on the ball of left (staying on balls of feet and knees bent) and shift both knees to the left side (4)
5&6 Step right forward, step left beside right, step right forward
7-8 Rock left forward, recover on right

[9-16] □ 1/2 LEFT TRIPLE, STEP, 1/4 LEFT PIVOT, CROSS, SIDE, 1/4 RIGHT SAILOR

1&2 Turn 1/4 left stepping left to side, step right beside left, turn 1/4 left stepping left □ forward (6:00)
3-4 Step right forward, pivot 1/4 left (weight to left) □ (3:00)
5-6 Step right across left, step left to side
7&8 Sweep right behind left turning 1/4 right, step left to side, step right slightly forward (6:00)

[17-24] □ STEP 1/2 PIVOT, TRIPLE 1/2, 1/4 RIGHT STEP TOUCH, 1/4 LEFT STEP TOUCH

1-2 Step left forward, pivot 1/2 turn right (weight to right) □ (12:00)
3&4 Turning 1/4 right step left to side, step right beside left, turning 1/4 right □ step left back (6:00)
5-6 Turning 1/4 right step right to side, touch left beside right (9:00)
7-8 Turning 1/4 left step left to side, touch right beside left (6:00)

[25-32] □ HOP RIGHT, TOUCH, HOLD, HOP 1/4 LEFT, TOUCH, HOLD, OUT, OUT, IN, IN, OUT, OUT, IN, IN

&1-2 Step right to side, touch left beside right, hold
&3-4 Turning 1/4 left step left to side, touch right beside left, hold (3:00)
&5&6 Step right to side, step left to side, step right in, step left in
&7&8 Step right to side, step left to side, step right in, step left in

Option: At the end of walls 2 and 5 during counts 25-32 when the lyrics say, "raise your hands and repeat this pledge" put right hand over heart and raise your left hand

BEGIN AGAIN!

Choreographer Information: □

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