

3D3N

拍數: 144 牆數: 0 級數: Phrased Intermediate
編舞者: Wendy Teh (MY) - December 2017
音樂: Three Days and Nights (三天三夜) - A-Mei (張惠妹)



Intro : 60 counts (start on vocal) - Sequence : AABC, AAABC, AABCAA-

Part A (32cts)

[A1] Step Swivel x2

1-4 step R to diagonal, swivel L heel-toe-heel towards R
5-8 step L to diagonal, swivel R heel-toe-heel towards L

[A2] Triple Step x4 (Travelling Backward)

1&2 step R slightly back, step L-R in place
3&4 step L slightly back, step R-L in place
5&6 step R slightly back, step L-R in place
7&8 step L slightly back, step R-L in place

[A3] Walk Fwd, Kick L, Walk Back, Touch R

1 - 4 walk fwd R-L-R, kick L fwd
5 - 8 walk back L-R-L, touch R next to L

[A4] Triple Full Turn R, Touch Out-In, Triple Full Turn L, Touch Out In

1&2 34 triple full turn R stepping R-L-R
34 touch L to L, touch L next to R
5&6 triple full turn L stepping L-R-L
78 touch R to R, touch R next to L

Part B (40cts)

[B1] Touch Hitch Step 1/8 R x2, Rocking Chair

1-4 touch R, hitch R, step R, touch L, hitch L, step L (complete ¼ R) [3.00]
5 - 8 rock R fwd, recover on L, rock R back, recover on L

[B2] Touch Hitch Step 1/8 R x2, Kick Ball Change x2

1-4 touch R, hitch R, step R, touch L, hitch L, step L (complete ¼ R) [6.00]
5&6 7&8 kick R fwd, step R ball, step L in place, kick R fwd, step R ball, step L in place

[B3] Touch Hitch Step 1/8 R x2, Sailor Step R-L

1-4 touch R, hitch R, step R, touch L, hitch L, step L (complete ¼ R) [9.00]
5&6 7&8 R sailor step, L sailor step

[B4] Touch Hitch Step 1/8 R x2, Out-Out-In-Cross

1-4 touch R, hitch R, step R, touch L, hitch L, step L (complete ¼ R) [12.00]
5 - 8 step R out, step L out, step R back to centre, cross L over R

[B5] Step R Out, Raise Both Hands

1-8 step R to R, slowly raise hands up

Part C (72 cts)

[C1] Step Kick, Step Kick Kick x2

&1&2&3 4 step R, kick L over R, step L, kick R over L, step R, kick L over R twice
&5&6&7 8 step L, kick R over L, step R, kick L over R, step L, kick R over L twice

[C2] Step Touch x4

1-4 step R, touch L over R, step L, touch R over L
5-8 step R, touch L over R, step L, touch R over L

[C3] Step Kick, Step Kick Kick x2

&1&2&3 4 step R, kick L over R, step L, kick R over L, step R, kick L over R twice
&5&6&7 8 step L, kick R over L, step R, kick L over R, step L, kick R over L twice

[C4] Twist R-L (option : Crab Walk R-L)

1-4 twist heels to R, twist toes to R, twist heels to R, twist toes to R
5-8 twist toes to L, twist heels to L, twist toes to L, twist heels to L

[C5] Step Kick, Step Kick Kick x2

&1&2&3 4 step R, kick L over R, step L, kick R over L, step R, kick L over R twice
&5&6&7 8 step L, kick R over L, step R, kick L over R, step L, kick R over L twice

[C6] R Lindy, Reverse Full Turn R Touch

1&2 3&4 chasses R, rock L back, recover on R
5-8 $\frac{1}{4}$ R step L back, $\frac{1}{2}$ R step R fwd, $\frac{1}{4}$ R step L side, touch R next to L

[C7] Walk Cross To R, Kick L, Walk Cross To L, Kick R

1-4 step R, cross L over R, step R, kick L to L diagonal
5-8 step L, cross R over L, step L, kick R to R diagonal

[C8] Tap R Heel x3, Behind Side Cross

1-4 tap R heel diagonally fwd x3, hold
5-8 step R behind L, step L to L, cross R over L, hold

[C9] Tap L Heel x3, Behind Side Cross

1-4 tap L heel diagonally fwd x3, hold
5-8 step L behind R, step R to R, cross L over R, hold

Ending: for a big ending last Part A dance until 20 counts (walk fwd kick) then do the below hand movement for the ending.

5& slap R hand on R thigh, slap L hand on L thigh
6& slap R hand on L hip, slap L hand on R hip
7& slap R hand on R hip, slap L hand on L hip
8& put R hand on L shoulder, put L hand on R shoulder
1 throw hand to the air for post

Note: this dance was choreographed on November 2015 for performance, but only released the step sheet on December 2017.

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