

You're So Vain

拍數: 54 牆數: 4 級數: Intermediate
編舞者: Alison Austerberry (UK) - January 2018
音樂: You're So Vain - Carly Simon



RESTARTS:-

END OF WALLS 2,4 6 – dance to Count 30 then start again

END OF WALL 7 – dance to Count 44 – then start again and dance through

WALK, WALK, RIGHT SHUFFLE, HIP, HOLD, TAP, TAP TAP

1-2 Walk right. Walk left
3&4 Step forward on right. Step left next to right. Step right forward
5& Step on left pushing left hip to left side HOLD
6,7,8 Tap right heel 3 times

KICK BALL CHANGE, KICK BALL CHANGE, ROLLING VINE RIGHT, TOUCH

9&10 Kick right foot out forward. Step on ball of right, travelling right. Step down on left
11&12 Kick right foot out forward. Step on ball of right, travelling right. Step down on left
13-14 Step on right, turning ½ right . Step on left turning ½ right.
15-16 Step on right, turning ½ right. Touch left next to right

STEP, DRAG, SHIMMY, ROCK FORWARD AND BACK, OUT, OUT

17-18 Step back on left, dragging right foot slowly back next to left
19-20 Shake hips/body up and down (over 2 counts) (Shimmy)
21&22& Rock forward on right. Recover on left. Rock back on right
23-24 Step out forward on right. Step out forward on left

HIP ROLLS X 3, ROCK FORWARD AND BACK

25-26 Roll hips out in a clockwise direction
27-28 Roll hips out in a clockwise direction
29-30 Roll hips out in a clockwise direction
31&32 Rock forward on right. Recover on left. Rock back on right

RIGHT SHUFFLE, STEP TURN, CROSS SHUFFLE, POINT, STEP

&33&34 Recovering on left, Step forward on right. Step left next to right. Step forward on right
35-36 Step forward on left, making 1/4 turn right. Step right in place
37&38 Cross left over right. Step right to right side. Cross left over right
39-40 Point right to right side. Step right in place

MONTEREY, SWAY TURN, CROSS ROCK, CHA CHA CHA, CROSS ROCK CHA CHA CHA

41-42 Point left to left side, turning ¼ right. Step left in place next to right
43-44 Sway hips out to right, turning ¼ turn left
45-46 Cross rock right over left. Recover on left
47&48 Step right, left, right

CROSS ROCK, COASTER STEP

50-51 Cross rock left over right. Recover on right
53&54 Step back on left. Step forward on right. Step left next to right.

START AGAIN