

In These Improver Shoes?

拍數: 64 牆數: 4 級數: Improver
編舞者: Chris Jackson (UK) - February 2018
音樂: In These Shoes? - Kirsty MacColl : (Album: Tropical Brainstorm - Amazon.)



#16-count intro. 1 restart.

SECTION ONE: SIDE, TOGETHER, FORWARD, CHASSE LEFT, CROSS ROCK, CHASSE RIGHT

- 1, 2, 3, 4&5 Right to right side, left next to right, forward right, left to left side, right next to left, left to left side
6, 7, 8&1 Cross rock right over left, recover on left, right to right side, left next to right, right to right side

SECTION TWO: CROSS, SIDE, SAILOR STEP, CROSS, SIDE, BEHIND, TURN, STEP

- 2, 3, 4&5 Cross left over right, right to right side, left behind right, step out right to right side, step out left to left side
6, 7, 8&1 Cross right over left, left to left side, right behind left, make a quarter turn left stepping forward left, forward right (9.0)

SECTION THREE: LEFT, RIGHT, SHUFFLE LEFT, FORWARD ROCK, COASTER STOMP

- 2, 3, 4&5 Forward left, forward right, forward left, right next to left, forward left
6, 7, 8&1 Rock forward right, recover on left, back right, left next to right, stomp right forward

SECTION FOUR: HOLD, BALL-STEP, POINT, POINT, FLICK, SIDE, TOUCH

- 2, &3, 4 Hold for 1 count, left next to right, forward right, point left forward
5, 6, 7, 8 Point left to left side, flick left behind right, left to left side, touch right next to left

SECTION FIVE: SIDE, TOUCH, SIDE, FLICK, BEHIND, SIDE, CROSS SHUFFLE

- 1, 2, 3, 4 Right to right side, touch left next to right, left to left side, flick right on the right diagonal
5, 6, 7&8 Right behind left, left to left side, cross right over left, left to left side, cross right over left

SECTION SIX: SIDE, TOUCH, TURN, KICK, BACK, BACK, SHUFFLE BACK

- 1, 2, 3, 4 Left to left side, touch right next to left, make a quarter turn left stepping back on right, kick left forward (6.0)
5, 6, 7&8 Step back left, back right, back left, right next to left, back left

SECTION SEVEN: BACK ROCK, FORWARD ROCK, BACK, HOOK, SHUFFLE LEFT

- 1, 2, 3, 4 Rock back on right, recover on left, rock forward on right, recover on left
5, 6, 7&8 Step back on right, hook left over right, forward left, right next to left, forward left

SECTION EIGHT: PADDLE STEP, PADDLE STEP, OUT-OUT, CLAP, IN-IN, FLICK

- 1, 2, 3, 4 Step forward right, make an eighth pivot turn to your left pushing hips out to the side, step forward right, make an eighth pivot turn to your left pushing hips out to the side (3.0)
&5, 6, &7, 8 Step forward out right (&), left to left side (5), hold and clap hands (6), Step back right (&), left to next to right (7), flick right behind left (8)

START AGAIN!

RESTART: Wall 3 (starts facing 6.0) –

Dance up to the end of Section 2 and omit the last step, so it ends 8& and then Restart facing 3.0.

ENDING: Wall 8 (starts facing 3.0) - Dance up to end of Section 4 facing front and stomp right to right side!