

Lips

拍數: 64 牆數: 0 級數: Phrased Intermediate
編舞者: Vicky St. Pierre (CAN) - April 2018
音樂: Lips - Marian Hill : (Album: Lips / Got It - Single)



Intro: 16 counts (approx. 11 seconds)

Duration: 3:18 – approx. 100 BPM

Phrased dance – A,B - ½ of A, A, - TAG-B,B-A,B,B – Intermediate line dance

A – 32 counts

A[1-8] Step L/Sweep R, Step R, Basic Night Club LRL, ¼ left, ½ left, Step R, Rock L, Recover R

- 1 2 3 1) Step L fwd/Sweep R fwd, 2) Step R across L, 3) Step L out to left side
4& 5 4) Rock R back, &) Recover L, 5) ¼ left stepping back on R [9:00]
6 7 6) ½ left stepping fwd on L, 7) Step R fwd [3:00]
8& 8) Rock L fwd, &) Recover R

A[9-16] Step L/Sweep R, Step R/sweep L, Behind-Side-Touch LRL, Recover L, Step R, Paddle ¾ to R, LR Sailor

- 1 2 1) Step L back, sweeping R foot back, 2) Step R back, sweeping L foot back
3& 4& 3) Step L behind, &) Step R to side, 4) Touch L together, &) Recover weight on L
5 6 7 5) Step R fwd, 6) Paddle ¼ to right touching L to side [6:00], 7) Paddle ½ to right touching L to side [12:00]
8& 8) Step L behind R, &) Recover weight on R

A[17-24] Step L, ¼ bump R, ¼, ¼ bump L, ¼ Step L, ¼ C-Bump R, Weight on L w/ hip bump

- 1 2 1) Step L fwd, 2) ¼ turn left bumping R hip [9:00],
3 4 3) ¼ left stepping down on R [6:00], 4) ¼ left bumping L hip [3:00],
5 6& 5) ¼ left stepping L fwd [12:00], 6) ¼ left bumping hips up/right [9:00], &) Bump R hip down touching R besides L
7 8 7) Stepping down on R bump R hip to right/down, 8) Transfer weight on L (prepping to turn right)

A[25-32] ½ Right/Hitch L, Cross L, ¼ Left Step on R, Touch L, ½ Left on L, ½ Pivot RL, Step R

- 1 2 1) ½ right putting weight on R and hitching L knee [3:00], 2) Cross L over R
3 4 3) ¼ left stepping back on R [12:00], 4) Touch L back,
5 6 5) ½ left stepping fwd on L [6:00], 6) Step R fwd,
7 8 7) ½ left stepping fwd on L [12:00], 8) Step R fwd

B – 32 counts

B[1-8] Step L, ¾ turn right L R L R, Sweep L, 1/8 left Flicking R, Rock R, Recover L, Step R

- 1 2 1) Step L fwd & tork body to left-preparing for R turn, 2) ½ right recovering weight on R [6:00]
3& 4 3) Step L to side (body starting to turn right), &) ¼ right Stepping R slightly over L [9:00], 4) Step L to side
&5 6 &) ¼ right stepping R slightly over L [12:00], 5) Sweep L forward, 6) 1/8 left recovering on L/Flick R back [10:30]
7 8& 7) Step R fwd, 8) Rock L fwd, &) Recover back on R

B[9-16] Rock Recover Cross LRL, Arm Wave L to R/Step R, L heel to right, R heel to right, Hold, Sailor ¼ LRL, Lock RLR

- 1& 2 1) 1/8 left Rocking L to left [9:00], &) Recover R, 2) Cross L over R
3e a 4 :3) Step R to side, e) Step L heel to R, a) Step R heel to R, 4) Hold (transfer weight on R)

[Styling option: Arm wave left to right during counts “3 e a 4”]

- 5& 6 5) Sailor L, &) Recover R, 6) ¼ left stepping L fwd [6:00]

7& 8 7) Step R fwd, &) Lock L behind R, 8) Step R fwd.

B[17-32] REPEAT PART B to back wall– Steps 1-16

Restart after 16 counts on 3rd wall / 4 counts Tag after 4th wall

TAG-

1&2& Step R to R, Touch L together, Step L to L, Touch R together

3&4 Step R to R, Touch L together, Step L together, Step R fwd

Enjoy!!... Thank you! -Vicky

Contact - vicpoulinspike@yahoo.com - 413-273-3126
