

Movie Star

拍數: 48 牆數: 2 級數: Improver
編舞者: Andrew Palmer (UK), Sheila Palmer (UK) & Pat Stott (UK) - May 2018
音樂: Rock 'N' Roll Movie Star - The Jive Aces : (CD: Diggin' The Roots Vol 1: Rockin'
Rhythm & Blues - amazon)



#24 Count Intro. Start on Vocals

Side. Together. Back. Back. Back. Back. Kick. Coaster-Step. Point. Touch. Point

1&2 Step Right to side, step Left beside Right, step back Right
3&4& Run back Left, back Right, back Left, kick Right
5&6 Right coaster-step
7&8 Touch Left to side, touch Left beside Right, touch Left to side

Behind. Side. Cross. Kick. Out. Out. Bounce. Bounce. Bounce (Complete Quarter Turn). Coaster-Step

1&2 Step Left behind Right, step Right to side, cross Left over Right
3&4 Kick forward Right, step out Right, step out Left
5&6 Bounce heels three times (3:00) completing quarter turn Right

Note: Keeping weight on Left with Right toe in contact with the floor

7&8 Right coaster-step

Toe-Step. Toe-Step. Kick-Ball-Change. Step. Twist. Recover. Shuffle Half Turn

1&2& Touch forward Left, drop heel to floor, touch forward Right, drop heel to floor
3&4 Kick Left, step ball of Left beside Right, step Right beside Left
5&6 Step forward Left, twist both heels Left, recover both heels to centre
7&8 Shuffle half turn Left - stepping Left, Right, Left (9:00)

Point. Together. Point. Together. Heel. Together. Heel. Together. Diagonal Lock-Step. Diagonal Lock-Step

1&2& Point Right to side, step Right beside Left, point left to side, step Left beside Right
3&4& Tap Right heel forward, step Right beside Left, tap Left heel forward, step Left beside Right
5&6 Step Right diagonally forward, lock Left behind Right, step Right diagonally forward
7&8 Step Left diagonally forward, lock Right behind Left, step Left diagonally forward

Option: On the lock-steps both hands forward with palms facing and alternate hands moving up and down in a chopping motion

Cross-Rock. Recover. Side. Cross-Rock. Recover. Quarter Turn. Step. Pivot Half Turn. Shuffle

1&2 Cross-rock Right over Left, recover back onto Left, step Right to side
3&4 Cross-rock Left over Right, recover back onto Right, quarter turn Left step forward Left (6:00)
5&6 Step forward Right, pivot half turn Left, step forward Right (12:00)
7&8 Shuffle forward Left - stepping Left, Right, Left

Together. Heels. Toes. Heels. Clap. Heels. Toes. Heels. Clap, Monterey Quarter Turn. Monterey Quarter Turn

&1&2& Step Right beside Left, twist to Right - heels, toes, heels, clap
3&4& Twist to left - heels, toes, heels clap
5&6& Point Right to side, quarter turn Right step Right beside Left, point Left to side, Step Left beside Right (3:00)
7&8& Point Right to side, quarter turn Right step Right beside Left, point Left to side, Step Left beside Right (6:00)