

Sweet Virginia

拍數: 32 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK) - August 2018
音樂: Sweet Virginia - Chris Norman : (CD: Don't Knock the Rock)



#32 count intro. Start dancing on vocals
Track available to download from iTunes, Amazon etc.

Kick. Together. Cross. Side. Heel taps. Heel swivels*

1 – 2 Kick Right foot forward. Step Right beside Left
3 – 4 Cross Left over Right. Step Right to Right side (angling body to face Left diagonal)
5 – 6 Keeping weight on Right. Tap Left heel to floor twice
7 – 8 Swivel Left heel to Left (straightening up to 12 o'clock). Swivel Right heel to Left (weight remains on Left)

*Alternatively, steps 7-8 can be replaced with a simple step Left. Touch Right beside Left

Right Scissor step. Vine Left. Cross rock

1 – 2 Step Right to Right side. Step Left beside Right#
3 – 4 Cross Right over Left. Step Left to Left side
5 – 6 Cross Right behind Left. Step Left to Left side
7 – 8 Cross rock Right over Left. Recover onto Left

Chasse quarter turn Right. Step. Pivot half turn Right. Left toe strut forward. Right toe strut forward

1&2 Step Right to Right side. Step Left beside Right. Quarter turn Right stepping forward on Right (3 o'clock)
3 – 4 Step forward on Left. Pivot half turn Right (Facing 9 o'clock)
5 – 6 Step Left toe forward. Drop Left heel to floor
7 – 8 Step Right toe forward. Drop Right heel to floor

Long step Left. Touch in. Out. In. Side Right toe strut. Cross toe strut

1 – 2 Long step to Left on Left. Touch Right beside Left
3 – 4 Touch Right to Right side. Touch Right beside Left
5 – 6 Step Right toe to Right side. Drop Right heel to floor
7 – 8 Cross Left toe over Right. Drop Left heel to floor

Start again

*Tags: These occur at the end of wall 2 (facing 6 o'clock), wall 6 (facing 6 o'clock) and wall 11 (facing 3 o'clock) and comprise 4 hip bumps. Trust me... they are really, really easy to spot!

1 – 4 Step Right to Right side bumping hips Right. Left. Right. Left

Optional ending: The dance ends on count 32 with Left crossed over Right and facing 6 o'clock.

Unwind half turn Right to end facing front

music link <https://soundcloud.com/chris-norman-music/sweet-virginia>