

Take The Week Off

拍數: 48 牆數: 4 級數: Novice
編舞者: Jp Barrois (FR) - October 2018
音樂: Take the Week Off - Deric Ruttan



[1-8] R Kick ball step, Step R & L forward, R Shuffle forward, L Shuffle forward

1&2 R Kick forward – R Step next L – L Step forward
3-4 R Step forward – L Step forward
5&6 R Step forward – L Step next R – R Step forward
7&8 L Step forward – R Step next L – L Step forward(12:00)

[9-16] R Step turn ¼ L, R Cross Side Behind, L Side Shuffle, R Cross Rock step

1-2 R Step forward – turn ¼ L (weight on L)
3&4 R Step cross over L – L Side step to L – R Step behind L(9:00)
5&6 L Side Step – R step next L – L side step
7-8 R Step cross over L – recover on L (9:00)

[17-24] R Side Step, L Step cross, R Side Rock, R sailor step, L touch back, Turn ½ L

1-2 R Step - L Step croos over R
3-4 R Side Rock – retcover on L
5&6 R step cross behind L – L Side step – R side step
7-8 Touch L back R – turn ½ to L (weight on L) (3:00)

[25-32] R Kick ball step, Step R & L forward, R Shuffle forward, L Shuffle forward

1&2 R Kick forward – R Step next L – L Step forward
3-4 R Step forward – L Step forward
5&6 R Step forward – L Step next R – R Step forward
7&8 L Step forward – R Step next L – L Step forward (3:00)

[33-40] R Rock step forward, R Shuffle ½ R, L Rock step forward, L Coaster step

1-2 R Rock step forward – recover on L
3&4 R Step ¼ R – L Step next R – R Step ¼ R
5-6 L Rock step froward– recover on R
7&8 L Step back – R Step next L – L Step forward (9:00)

TAG on wall 3 (3:00)

[41-48] R Syncopated Jazzbox cross, R Side Rock, R Sailor step L Step forward

1-2&3 R Step cross over L – L Step back – R Side Step – L Step cross over R
4-5 R Side Rock – recover on L
6&7 R Step cross behind L – L Side step – R Side step
8 L Step forward (9:00)

TAG at the end of wall 1 (9:00)

TAG: R Step forward, L Touch together, L Coaster step

1-2 R Step forward – Touch L next R
3&4 L Step back – R Step next L – L Step forward

End on wall 6 on count 30 : End of R Shuffle forward when the music stop

Fiche Choré en anglais sur Copperknob et Kickit - Vidéo de la danse disponible sur youtube

Fiche Choré en Français sur demande - Contact Jp: bigmal1 @sfr,fr et Page Facebook "Jp Barrois"