

Sixteen

拍數: 32 牆數: 4 級數: Improver
編舞者: Stephen Pistoia (USA) - February 2019
音樂: Sixteen - Thomas Rhett : (iTunes)



Intro: 16ct intro

(1-8) ½ TURN MONTEREY, POINT FORWARD, POINT SIDE, SAILOR STEP

1-2 point RT toe to RT side – turn ½ turn RT stepping RT next to LF
3-4 point LT toe to LT side – step LF next to RF
5-6 point RF forward – point RF out to RT side
7&8 step RF behind LF- step LF out to LT – step RF next to LF (6:00)

(9-16) SAILOR ¼ TURN LT, ROCK RECOVER, SHUFFLE ¼ TURN, SHUFFLE ½ TURN

1&2 step LF behind RF- step RF out to RT making ¼ – step LF next to RF
3-4 rock RF forward – recover on LF (3:00)
5&6 step RF out to RT making ¼ turn RT – step LF next to RF – step RF out to RT (6:00)
7&8 cross LF over RF making ½ turn RT – step LF next to RF – step LF out to LT (12:00)

TAG: 4ct Tag and Restart happens here (restart here on wall 3) 4ct Tag on wall 7

LT jazz box. 1, cross RF over LF – step LF out to LT – step RF out to RT – step LF next to RF then Restart

(17-24) SHUFFLE ½ TURN, ROCK RECOVER, SAILOR ¼ TURN, WALK WALK

1&2 step RF behind LF ¼ turn – step LF next to RF – step RF out to RT ¼ turn (6:00)
3-4 rock LF forward – recover on RF
5&6 step LF behind RF- step RF out to RT making ¼ – step LF next to RF
7-8 step RF forward – step LF forward (3:00)

(25-32) FWD TRAVELING MAMBO X 2, ROCK RECOVER , BACKWARD SLIDE STEP WITH HEEL DRAG

1&2 step RF to RT side – step LF next to RF – step RF slightly forward
3&4 step LF to LT side – step RF next to LF – step LF slightly forward
5-6 rock RF forward – recover on LF
7-8 step RF backwards – drag LT heel next ti RF taking weight on LF (3:00)

This dance rotates clockwise.

Any questions contact me @ pistoias@gmail.com have fun enjoy!!!!

Last Update – 8th March 2019