

Serve It Up

拍數: 64 牆數: 2
編舞者: Rex Allott (UK) - June 2019
音樂: Love Potion #9 - The Coasters

級數: Phrased Improver



Phrased - sequence ABA ABA CAB ABC

Intro - 32 beats

PART A: 16 counts

Section A1 - R. Chasse, Toe fan R,L, Heel twist out, in.

1&2& - step R to R side, step L next to R, step R to R side, step L next to R
3-4 - fan R toe R, return
5-6 - fan L toe L, return
7-8 - fan both heels out, return (or 7&8 R,L)

Section A2 - L. Chasse, Toe fan L,R, Heel twist out, in.

Repeat 1-8 above swapping R & L

PART B: 16 counts

Section B1 - Jazz Box 1/4 turn R, V-step.

1-2 - cross R over L, rock back on L
3-4 - step R to R side, 1/4 turn right, step L next to right
5-6 - step R diagonally forward R, step L diagonally forward L
7-8 - step R back, step L next to right

Section B2 - Jazz box 1/4 turn R, V-step.

Repeat as above.

PART C: 32 counts

Section C1 - Skate R,L, Shuffle forward, Rock, recover, Shuffle back.

1-2 - skate forward R,L
3&4 - shuffle forward R,L,R
5-6 - rock forward L, recover on R
7&8 - shuffle back L,R,L

Section C2 - Toe fans L, R, Heel twists, L, R.

1-2 - fan R toe R, return
3-4 - fan L toe L, return
5-6 - twist R heel R, return
7-8 - twist L heel L, return

Section C3: Repeat section 1

Section C4 - Jazz box, full pivot turn L.

1-2 - cross R over L, rock back on L
3-4 - step R to R side, step L next to R
5-6 - step R over L, step R to R making 1/2 turn
7-8 - repeat 5-6