

Time to Go Go!

拍數: 32 牆數: 4 級數: Improver
編舞者: Scott Blevins (USA) - November 2019
音樂: Green Light - Lady Bri : (Album: Makin' a Move)



#32 count intro

[1-8] ROLLING VINE RIGHT w/TOUCH, VINE LEFT w/HOLD

1,2,3,4 1) Turn ¼ right stepping R fwd; 2) Turn ½ right stepping L beside R; 3) Turn ¼ right stepping R to right; 4) Touch L beside R

(Easier alternative: 1) Step R to right; 2) Step L behind R; 3) Step R to right; 4) Touch L beside R)

5,6,7,8 5) Step L to left; 6) Step R behind L; 7) Step L to left; 8) Hold

[9-16] FWD OUT OUT, HOLD, BACK OUT OUT, HOLD. TWIST, TWIST, TWIST w/KNEE LIFT, SIDE

&1-2 (&) Step R fwd out to right; 1) Step L fwd out to left extending arms forward w/palms facing fwd (jazz hands); 2) Hold

&3-4 (&) Step R back out to right; 3) Step L back out to left returning arms to center; 4) Hold

5,6,7,8 5) Twisting from waist down rotate heels right; 6) Rotate heels left; 7) Rotate heels right lifting L knee up; 8) Squaring up to 12:00 step L to left

[17-24] CROSS, HOLD, ¾ UNWIND, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD

1,2,3,4 1) Step ball of R across L; 2) Hold; 3) Unwind ¾ left taking weight on L; 4) Hold [3:00]

5,6,7,8 5) Rock R to right; 6) Recover to L; 7) Step R across L; 8) Hold

[25-32] SIDE, POINT, SIDE, KICK, BEHIND, SIDE, CROSS, HOLD

1,2,3,4 1) Step L to left; 2) Point R fwd toward right diagonal; 3) Step R to right; 4) Kick L fwd toward left diagonal

5,6,7,8 5) Step L behind R; 6) Step R to right; 7) Step L across R; 8) Hold

Tag: Occurring at the end of 1st rotation facing original 3:00 and again at the end of 4th rotation facing original 12:00.

[1-8] PONY K STEP

1&2 1) Step R fwd toward right diagonal; &) Step ball of L beside R; 2) Step R on the spot

3&4 3) Step L back toward left diagonal; &) Step ball of R beside L; 4) Step L on the spot

5&6 5) Step R back toward right diagonal; &) Step ball of L beside R; 6) Step R on the spot

7&8 7) Step L forward toward left diagonal; &) Step ball of R beside L; 8) Step L on the spot

[9-16] PONY, BACK, BACK, HITCH, HOLD, CROSS, HOLD

1&2 1) Step R fwd toward right diagonal; &) Step ball of L beside R; 2) Step R on the spot

3-4 3) Step L back; 4) Step R back

5-6 5) Lift L knee while leaning back w/hands at shoulders palms fwd index fingers pointing to ceiling like guns; 6) Hold

7-8 7) Step L across R bringing arms to center; 8) Hold

Ending: You will be facing the back wall when you finish the 10th rotation. There will be 3 extra beats and you will hear the lyrics OOOH – OH.

Do the steps below.

1-2-3 1) Turn ¼ right stepping R fwd; 2) Hold; 3) Turn ¼ right stepping L to left settling weight into L hip w/hands out to sides palms up expressing some attitude like “what you looking at” (facing front wall). LOL!

Have fun with it.

