

Chilli Beans

拍數: 48 牆數: 4 級數: Beginner
編舞者: Rex Allott (UK) - January 2020
音樂: Smokey Joe's Cafe - Loudon Wainwright III



Intro - 16 beats

S.1. Cross Rock R, L, Step 1/2 Turn R, Stomp R, L.

- 1&2 Cross R over L (10.30), Return (12.00)
- 3&4 Cross L over R (01.30), Return (12.00)
- 5&6&. Step Forward R, Step L Next to R, make 1/2 Turn R Stepping Forward on R, Step L next to R (6.00).
- 7-8. Stomp R, L.

S.2. Repeat S.1, Returning to 12.00.

S.3. Monkey Steps R, L.

- 1&2& Fan Both Toes Out, In, Out, In.
- 3-4. Fan Both Toes Out, In.
- 5-8. Repeat 1-4

Optional - 1-4 Travel to R, 5-8 Travel Back L

S.4. Repeat S.1, Returning to 6.00.

S.5. Syncopated Vine R, Cross 1/4 Turn L, L shuffle fwd

- 1-2&. Step R to R, Step L behind R, Step R Slightly Forward L
- 3-4. Step L Behind R, Step R to R
- 5-6. Turning 1/4 L step L behind R, step R fwd
- 7&8&. Step L fwd, step R behind L, step L fwd, step R next to L

S.6. Diagonal Step Fwd R, Back L, Back R, Forward L.

- 1-2. Step R Diagonally Forward R, Step L Next to R
- 3-4. Step L Diagonally Back L, Step R Next to L
- 5-6. Step R Diagonally Back R, Step L Next to R
- 7-8. Step L Diagonally Forward L, Step R Next to L

Repeat S.1-6 (Finish Facing 6.00)

Tag.

S.1. R. Sailor Step, L. Sailor Step, V-Step.

- 1&2. Step R Behind L, Step L to L, Step R to R
- 3&4. Step L Behind R, Step R to R, Step L to L
- 5-6. Step L Diagonally Forward L, Step R Diagonally Forward R
- 7-8. Step L Diagonally Back R, Step R Diagonally Back L

S.2. R. Lock Step, Shuffle 1/2 Turn R, Walk R, L, R, L.

- 1&2. Step R Forward, Lock L Behind R, Step R Forward
- 3&4. Step L Forward, Step R Next to L Turning 1/2 R, Step L Forward
- 5-8. Walk forward R, L, R, L (12.00)

Repeat S.1. & 2. Changing Walk to R & L & R, Hold.

S.2. 1-4

- 5&6. Quick Walk Forward R, L, R

7-8. Quick Walk Forward L, R, Hold (6.00)

Repeat main dance S.1-6. (Finish Facing 3.00) then repeat S.1-2. turning to finish facing 12.00

Last Update – 15 Jan. 2023 – R1
