

Some Ladies Do

拍數: 56 牆數: 4 級數: Beginner
編舞者: Rex Allott (UK) - March 2020
音樂: Late In the Evening - Paul Simon



Intro - 8 beats.

S.1. Step Side, Step Forward R, L.

- 1-2. Step R to R, Step L next to R
- 3-4. Step R straight forward, Step R back next to L
- 5-6. Step L to L, Step R next to L
- 7-8. Step L straight forward, Step L back next to R

S.2. Step Side, Step Back R, L.

- 1-2. Step R to R, Step L next to R
- 3-4. Step R straight back (push L shoulder forward), Step R back next to L
- 5-6. Step L to L, Step R next to L
- 7-8. Step L straight back (push R shoulder forward) , Step L back next to R

S.3. R Rocking Chair.

- 1-2. Step R Forward, recover on L
- 3-4. Step R back, recover on L

S.4. Chasse Cross R, L.

- 1&2. Step R to R. Step L next to R, Step R to R
- 3-4. Cross L over R (turning body 1/8 R), Recover on R
- 5&6. Step L to L, Step R next to L, Step L to L
- 7-8. Cross R over L (turning body 1/8 L), Recover on L

S.5. Chasse Back Cross R, L.

- 1&2. Step R to R, Step L next to R, Step R to R
- 3-4. Cross L behind R (turning body 1/8 L), Recover on R
- 5&6. Step L to L, Step R next to L, Step L, to L
- 7-8. Cross R behind L (turning body 45# R), Recover on L

S.6. Rpt S.3.

S.7. Sailor Step L, R, Mambo Cross R, L.

- 1&2. Step L forward, Cross R behind L, Recover on L
- 3&4. Step R forward, Cross L behind R, Recover on R
- 5&6. Cross R over L, Recover on L, Step R next to L
- 7&8. Cross L over R, Recover on R, Step, L next to R

S.8. Step Hitch L, 3/4 Paddle Turn R.

- 1-2. Step R forward, Hitch L
- 3-4. Step R 1/4 turn R, Step L next to R
- 5-6. Step R 1/4 turn R, Step L next to R
- 7-8. Step R 1/4 turn R, Step L next to R (Facing 9 o'clock)

Restart: After S.7 on wall 5 (12 o'clock) after first instrumental break.

Finish: Facing 3 o'clock, repeat S.8. to finish facing 12 o'clock.

If you really want to test your footwork, try dancing this to 'Yellow Moon' by The Neville Brothers (no, not Gary & Phil !), adding an 8-beat S.9. of Step Hitch R & Full Paddle Turn L, & starting on lyrics - good luck !
