

For Ella

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Melissa Rutz - June 2020
音樂: Hear Me Talking to Ya - Ella Fitzgerald



Dance begins immediately, no tags or restarts

OUT OUT, CLAP, ¼ KICK BALL CHANGE, ½ TURN SWEEP, ¾ TURN SWEEP

&1-2 Step out R, step out L, clap (12:00)
3&4 ¼ turn L kicking L forward, step down on ball of L, step down on R (9:00)
5-6 Sweep L clockwise making ½ turn R, step down on L (3:00)
7-8 Sweep R counter-clockwise making ¾ turn L, step down on R (10:30)

BALL STOMP, STOMP, ¼ SAILOR TURN, ⅞ WALK AROUND

&1-2 Step down on ball of L, stomp R forward, stomp R out to R (10:30)
3&4 Cross R behind L, step L back ⅛ turn R, step R forward ⅛ turn R (1:30)
5-8 Make ⅞ turn R walking L, R, L, R in a clockwise circle (12:00)

SWEEP CROSS x 3, BALL TOUCH, & KICK BALL CHANGE, SWEEP, CROSS

1,2,3 Sweep L in front of R, sweep R in front of L, sweep L in front of R (12:00)
&4 Step forward on ball of R, touch L behind R (12:00)
&5&6 Step back on L, kick R forward, step down on ball of R, step L forward (12:00)
7-8 Sweep R counter-clockwise, cross R over L with R bent & L straight (12:00)

BACK, ½ TURN, SHUFFLE FORWARD, ½ PIVOT TURN, ¼ TURN, BEHIND

1-2 Step L back, make ½ turn R stepping R forward (6:00)
3&4 Step forward L, step R together, step forward L (6:00)
5-6 Step forward R, make ½ turn L changing weight to L (12:00)
7-8 ¼ turn L stepping R to R, cross L behind R (9:00)

FULL ROLLING TURN, KICK TOUCH, FULL TURN, PUSH, DRAG

1,2,3 ¼ turn R stepping R fwd, ½ turn R stepping L back, ¼ turn R stepping R to R (9:00)
&4 Kick L out to L diagonal, touch L behind R (9:00)
5-6 ¼ turn L stepping L forward, ¾ turn L stepping R together (9:00)
7-8 Push off of R stepping L to L, drag R in/together (9:00)

DIG BACKS x 4, KICK BALL CROSS, ¾ UNWIND, IN IN

1-2 Step R back swiveling L heel, step back L swiveling R heel (9:00)
3-4 Step R back swiveling L heel, step back L swiveling R heel (9:00)
5&6 Kick R to R diagonal, step down on ball of R, cross L over R (9:00)
7&8 Unwind ¾ turn R weight on L, step R in, step L in/together (6:00)