

This or That

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Helaine Norman (USA) - September 2020
音樂: Another One Bites the Dust - Queen : (Remastered 2011)



Suggested music:

1. Another One Bites the Dust by Queen (Remastered 2011)
2. Just Gigolo by Louis Prima (Remastered)
3. Medley: Give Me the Old Soft Shoe / Back in the Old Routine Album: Happy Dancing Vol. 3, Dennis Hayward's Organization or any soft shoe rhythm song
4. Billie Jean by Michael Jackson

Note: Sometimes I have had someone come into my class who used to be a dancer but has had a stroke or was even in a wheelchair. My heart goes out to any dancer who no longer can dance! This dance was created for absolute beginners, but is flexible enough for those who might be physically challenged too. It can easily be adjusted to a 1, 2 or 4 wall dance depending on the abilities of the students.

I. TOUCH FORWARD SIDE FORWARD, STEP; TOUCH FORWARD SIDE FORWARD, STEP

- 1-2 Touch R forward, touch R side
- 3-4 Touch R forward, step R side
- 5-6 Touch L forward, touch L side
- 7-8 Touch L forward, step L side

Optional for counts 1 and 3: Touch over instead of straight forward

II. CROSS ROCK RECOVER, CHASSE; CROSS ROCK RECOVER, CHASSE

- 1-2 Rock R over, recover to L
- 3&4 Step R side, step L together, step R side
- 5-6 Rock L over, recover to R
- 7&8 Step L side, step R together, step L side

Optional for 3&4 and 5&6 (Chasses): 3-4: Step R side, hold and 5-6: Step L, hold

III. ¼ TURN JAZZ BOX, ¼ TURN JAZZ BOX

- 1-2 Step R over, step L back
- 3-4 Step R side making ¼ turn right, step L together (3:00)
- 5-6 Step R over, step L back
- 7-8 Step R side making ¼ turn right, step L together (6:00)

IV. SIDE TOUCH, KICK BALL CHANGE; SIDE TOUCH, KICK BALL CHANGE

- 1-2 Step R side, touch L together
- 3&4 Kick L forward, step on L ball, recover to R
- 5-6 Step L side, touch R together
- 7&8 Kick R forward, step on R ball, recover to L

Optional for &4 and &8: Step step instead of going up on ball and recovering

Optional for 1-8: Step R side, step L together, step R side, touch L together. Repeat on other side.

REPEAT

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