

Six

拍數: 32 牆數: 4 級數: High Improver WCS
編舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - October 2020
音樂: 123 - Jess Glynne : (iTunes, etc. - 3:10)



Intro: 16 counts from very first beat in music (app 11. secs into track). Start with weight on L foot
****2 easy restarts: On walls 3 and 6 (both start at 6:00). Restarts happen after 20 counts, facing 12:00 each time**

Ending: Wall 10 is your last wall (starts at 9:00). Do the first 16 counts, you're now facing 3:00.
Once you finish your heel swivels you look to the front wall on count 17

[1 - 8] R step lock step, L fwd, R hitch, R back slide, L coaster step, ¼ L C hip bump

1&2 Step R fwd (1), lock L behind R (&), step R fwd (2) 12:00
&3 - 4 Step L a small step fwd (&), hitch R knee (3), step R a big step back sliding L towards R (4) 12:00
5&6 Step back on L (5), step R next to L (&), step fwd on L (6) 12:00
7&8 Turn 1/4 left hitching R knee bumping R hip up to right (7); Step R toe to right returning hips to L hip (&); Lower R heel shifting weight to R bumping R hip down into a sit position (8) ... 9:00

Styling: lift your L heel off the floor on count 8

[9 - 16] ¼ L fwd, ½ L, shuffle ½ L, R&L heel switches, fwd R, swivels heels

1 - 2 Turn ¼ L stepping L fwd (1), turn ½ L stepping back on R (2) 12:00
3&4 Turn ¼ L stepping L to L side (3), step R next to L (&), turn ¼ L stepping fwd on L (4) 6:00
5&6& Touch R heel fwd (5), step R next to L (&), touch L heel fwd (6), step L next to R (&) 6:00
7&8 Place R foot fwd (7), swivel both heels R (&), swivel heels back to centre (8) ... weight L 6:00

[17 - 24] 1/8 R chassé touch, 1/8 L side step L, R flick, weave, ¼ L fwd, R together, knee pop

1&2& Turn 1/8 R stepping R to R side (1), step L next to R (&), step R to R side (2), touch L next to R (&) 7:30
3 - 4 Turn 1/8 L stepping L a big step to L side sliding R towards L (3), flick R foot up and out to R side (4) ... Styling: allow body to open up to L diagonal ... 6:00

*** Restarts: On walls 3 and 6, facing 12:00 each time**

5&6 Cross R over L (5), step L to L side (&), cross R behind L (6) 6:00
&7 Turn ¼ L stepping fwd on L (&), step R next to L (7) 3:00
&8 Lift both heels of the floor popping knees fwd (&), step down on heels (8) ... weight on L 3:00

[25 - 32] R shuffle back, L coaster step, syncopated R&L step touches, V step

1&2 Step back on R (1), step L next to R (&), step back on R (2) 3:00
3&4 Step back on L (3), step R next to L (&), step fwd on L (4) 3:00
&5&6 Step R a small step to R side (&), touch L next to R (5), step L a small step to L side (&), touch R next to L (6) 3:00
&7&8 Step R fwd to R diagonal (&), step L fwd to L diagonal (7), step R back to centre (&), step L next to R (8) 3:00

Start again

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