

Cheerleader

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - July 2021
音樂: Young Summer - Tungevaag : (Spotify / iTunes)



(Intro: 32 counts)

[S1] Syncopated Broncos RL, Side-Together-Heel Bounce RL

&1&2 Hitch R knee up across L thigh and slap with L hand, Tap R to the side, Hitch R knee up across L thigh and slap with L hand, Step down on R to the side
&3&4 Hitch L knee up across R thigh and slap with R hand, Tap L to the side, Hitch L knee up across R thigh and slap with R hand, Step down on L to the side
&5&6 Step R to the side (&), Step L together (5), Raise and lower both heels (&6)
&7&8 Step L to the side (&), Step R together (7), Raise and lower both heels (&8)

[S2] Side-Rock Behind, 1/4R-1/4R, Side-Together-Toe Lift LR

&1 2 Step R to the side, Rock L behind R, Recover weight on R
3 4 Make a ¼ turn right stepping back on L, Make a ¼ turn right stepping forward on R (6:00)
&5&6 Step L to the side (&), Step R together (5), Place weight on heels and toes slightly off the ground (&), Close toes together and return to ground (6)
&7&8 Step R to the side (&), Step L together (7), Place weight on heels and toes slightly off the ground (&), Close toes together and return to ground (8)

[S3] Cross Rock-Side-Cross, Side Shuffle into Side Rock-&-1/4L, 1/4L Shuffle Back (into Back Rock)

1 2& Rock R across L, Recover weight on L, Step R to the side
3 4& Cross L over R, Step R to the side, Step L next to R
5 6& Rock R to the side, Recover weight on L, Step R next to L
7 8& Make a ¼ turn left stepping forward on L, Make a ½ turn left stepping back on R, Step L next to R (9:00)

[S4] Back Rock-Ball-Fwd Rock, Sailor Step, Back Rock

1 2 Rock back on R, Recover weight on L
&3 4 Ball step R next to L, Rock forward on L, Recover weight on R
5&6 Step L behind R, Step R to the side, Step L to the side
7 8 Rock back on R, Recover weight on L

Tag (16 counts): At the end of Wall 1 (9:00) and Wall 3 (3:00)

End of Wall 1- 9:00 starts

[S1] Round Off Step, L Reverse Rocking Chair, Knee Hitch L&R

1& Skipping- Step forward on R, Hop slightly forward on ball of R
2& Step forward on L, Make a swift ½ turn left stepping back on R (3:00)
3 4 5 6 Rock back on L, Recover weight on R, Rock forward on L, Recover weight on R
&7&8 Hitch L knee up and punch R arm straight up in the air, Replace to the centre, Hitch R knee up and punch L arm straight up in the air, Replace to the centre

[S2] Repeat above 8 counts on the opposite foot: Round Off Step, R Reverse Rocking Chair, Knee Hitch R&L

1& Skipping- Step forward on L, Hop slightly forward on ball of L
2& Step forward on R, Make a swift ½ turn right stepping back on L (9:00)
3 4 5 6 Rock back on R, Recover weight on L, Rock forward on R, Recover weight on L
&7&8 Hitch R knee up and punch L arm straight up in the air, Replace to the centre, Hitch L knee up and punch R arm straight up in the air, Replace to the centre

Ending suggestion: The dance finishes at 9:00, Make a ¼ turn right stepping forward on R to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 28/Jul/21)
