Let's Dance Joana

拍數: 32

級數: Improver

編舞者: José María Tomé (ES) - March 2021

音樂: Take Me Out to a Dancehall - Pat Green

This choreo is dedicated to my retired teacher Joana Quesada. Thanks for everything you have given us.

Choreo starts after 16 counts. There are 4 RESTARTS and 1 TAG

(1-8) HEEL-TOE-HEEL SWITCHES, HOOK RF, STEP, LOCK, STEP, HOLD

- (1) Touch heel RF in front of LF, (2) Touch toe RF to R side 1 - 2
- 3 4 (3) Touch heel RF in front of LF, (4) Hook RF over L knee
- 5 6 (5) RF step forward, (6) LF lock behind RF
- 7 8 (7) RF step forward, (8) Hold

(9-16) ROCK FWD, STEP BACK, TOUCH, STEP ¼ R, STEP ¼ R, BACK , TOUCH

- (1) LF rock forward, (2) Recover en RF 1 - 2
- (3) LF step back, (4) RF toe touch crossing LF 3 - 4
- 5 6 (5) RF step forward ¼ to R, (6) LF step back ¼ to R [6:00]
- 7 8 (7) RF step back, (8) LF toe touch crossing RF

(17-24) 2X STEP FWD, KICK BALL STEP, STEP ¼ L, HOLD, & CROSS, & CROSS

- 1 2 (1) LF step forward, (2) RF step forward
- 3&4 (3) LF kick forward, (&) Small step on RF ball, (4) Small step LF
- 5 6 (5) LF step forward 1/4 to L, (6) Hold [3:00]
- & 7 & 8 (&) RF step behind LF, (7) LF cross over RF, (&)RF step behind LF, (8) LF cross over RF

(25-32) SIDE ROCK, CROSS, SIDE, BEHIND SIDE CROSS, SIDE, SLIDE & TOUCH

- 1 2 (1) RF rock side R, (2) Recover on LF
- 3 4 (3) RF cross over LF, (4) LF to side L; (*) RESTART after this count on walls 2nd, 6th, 11th and 13th.
- (5) RF behind LF, (&) LF to side L, (6) RF cross over LF 5&6
- 7 8 (7) LF long step to side L, (8) RF slide and touch beside LF; (**) TAG on 4th wall.

AND.... START AGAIN!

(*) 4 RESTARTS, always after 28 counts, on walls 2nd at [6:00], 6th at [6:00], 11th at [9:00] and 13th at [3:00]. (**) TAG at the end of 4th wall at [12:00], with 8 counts and restart the choreo : 2x (SIDE, SLIDE, ROCK **BEHIND**)

(1) RF long step to side R, (2) Slide LF towards RF, (3) LF rock behind RF, (4) Recover on RF

(5) LF long step to side L, (6) Slide RF towards LF, (7) RF rock behind LF, (8) Recover on LF

Contact: josemtome@telefonica.net

Last Update - 23 Mar 2022





牆數:4