

Still Fit

拍數: 72 牆數: 0 級數: Phrased Intermediate
編舞者: Montserrat Soler (ES) - September 2021
音樂: Girls Just Want To Have Fun - Taylor Henderson



Sequence: Intro, A (tag), B(restart), A, B, B(restart), A, B, Bridge, B(restart), B

INTRO: 56c

[1-8] SWEEP, HOLD, SWEEP, SIDE, CROSS, HOLD

1-2 sweep with right behind left
3-4 sweep left behind right
5-6 step right side cross left over
7-8 hold

[9-16] SIDE, ROCK, WEAVE

1-2 step right side
3-4 rock left back, recover to right
5-6 step left side, cross right behind
7-8 step left side, cross right

[17-24] SIDE, ROCK, MILITARY TURN

1-2 step right side
3-4 rock right back, recover to left
5-6 step right forward, turn ½ left
7-8 step right forward, turn ½ left

[25-32] HOOK, FLICK, HOLD, SLOW COASTER STEP, HOLD,

1-2 hook right over left, flick right back
3-4 hold, step right back
5-6 step left beside right step right forward
7-8 hold, hold

[33-40]- MILITARY TURN, HOOK, FLICK, BACK STEP, STOMP

1-2 step left forward, turn ½ right
3-4 step left forward, turn ½ right
5-6 hook left over right, flick left back
7-8 step left back, stomp right

[41-48] CLAPS (*8)

[49-56] CLAPS (*8)

PART A: 36c

[1-8] KICK BALL CHANGE, STOMP, KICK, TURN, SIDE, CROSS, SIDE

1&2 kick right forward, step right slightly back, step left
3-4 stomp up right, kick right
5-6 cross left behind right, turn ½ left
7&8 step right side, cross left behind, step right side

[9-16] SCISSOR, MAMBO (L&R) SHUFFLE

1&2 rock right side, step left beside right, cross right over
3&4 rock left forward, recover to right
5&6 rock right forward, recover to left

7&8 step left forward, right next to left, step left forward

[17-24] KICK BALL CHANCE (*2), FULL TURN, HOOK, FLICK

1&2 kick right forward, step right slightly back, step left

3&4 kick right forward, step right slightly back, step left

5-6 full turn with right to left

7-8 hook right over left, flick right back

[25-32], COASTER STEP, MILITARY TURN, HOOK, FLICK

1&2 step right back, step left beside right, step right forward

3-4 step left forward, turn ½ right

5-6 step left forward, turn ½ right

7-8 hook left over right, flick left back

[33-36] COASTER STEP, SIDE, TOGHETER

1&2 step left back, step right beside left, step left forward

3-4 step right forward, step left beside right.

PART B: 36c

[1-8] OUT OUT IN IN (X2), SHUFFLE, ½ TURN SHUFFLE

1&2 out in diagonal right, out in diagonal left, in diagonal right, in diagonal left

3&4 turn ¼ out right, out left, in right, in left

5&6 step right forward, left beside right, step forward right

7&8 ½ turn step left forward, right beside left, step left forward

[9-16] ¼ TURN, TOUCH, SIDE, TOUCH, ¼ TURN I, TOUCH SIDE, TOUCH, SCISSOR (R&L)

1&2 step right turn ¼, touch left beside right, side left, touch right

3&4 step right turn ¼, touch left beside right, side left, touch right

5&6 rock right side, step left beside right, cross right over

7&8 rock left side, step right beside left, cross left over

[17-24] CROSS, KICK ¼, KICK ¼, CROSS ¼ ROCK BACK JUMP, APPLEJACK, HOOK, FLICK

1&2 cross right over left & hook right, left back ¼ turn right & kick right forward, right back ¼ turn & kick left forward

3&4, ¼ turn right cross left over right & hook right, rock right behind left & kick left forward, left next to right

5-6 a pplejacks

7-8 hook right over left, flick right back

[25-32] COASTER STEP, MILLITARY TURN, HOOK, FLICK

1&2 step right back, step left beside right, step right forward

3-4 step left forward, turn ½ right

5-6 step left forward, turn ½ right

7-8 hook left over right, flick left back

[33-36] COASTER STEP, SIDE, TOGHETER, HOLD

1&2 step back left, step right beside left, step forward left

3-4 step right forward, step left beside right.

TAG: 48c

[1-8] CHASSE, ROCK, WAVE

1&2 Step right side, step left beside right, step right side

3-4 rock left back, recover to right

&5&6 step left side, cross right behind left, step side left, cross right over left

&7&8 step left side, cross right behind left, step side left, cross right over left

[9-16] CHASSE, ROCK, WAVE

1&2 step left side, step right beside left, step left side
3-4 rock right back, recover to left
&5&6 step right side, cross left behind right, step right side, cross left over right
&7&8 step right side, cross left behind right, step right side, cross left over right

[17-24] SAILOR, FULL TURN WHIT SHUFFLE, ½ TURN, HOOK

1&2 Cross right behind left, step left side, step right slightly forward
3&4 Shuffle ½ turn left (R-L-R)
5&6 Shuffle ½ turn left (R-L-R)
7-8 step right forward, 1/2 turn to left end with right hook

[25-32] CHASSE, ROCK, WAVE

1&2 Step right side, step left beside right, step right side
3-4 rock left back, recover to right
&5&6 step left side, cross right behind left, step side left, cross right over left
&7&8 step left side, cross right behind left, step side left, cross right over left

[33-40] CHASSE, ROCK, WAVE

1&2 step left side, step right beside left, step left side
3-4 rock right back, recover to left
&5&6 step right side, cross left behind right, step right side, cross left over right
&7&8 step right side, cross left behind right, step right side, cross left over right

[41-48] SAILOR, FULL TURN WHIT SHUFFLE, STEP FORWARD ½ TURN

1&2 Cross right behind left, step left side, step right slightly forward
3&4 Shuffle ½ turn left (R-L-R)
5&6 Shuffle ½ turn left (R-L-R)
7-8 step right forward, 1/2 turn to left

Bridge : in the first A, 2 stomps are added to time 23 and 24 and the dance continues.

Restarts:

in the first and third B's, dance the first 16 steps and start again A.

In the fifth B, dance the first 30 steps and start again B.
