

Still Dancing

拍數: 32 牆數: 2 級數: Intermediate
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音樂: She's Still Dancing - Hugo Helmig



Phrases: A-T-A-A-Restart-A-T2-A-A-A-A-A

A - Part

[1-8] Out out, knee pop, sailor ¼ turn, step touch R+L, step hitch ¼ turn

- & 1 & 2 Step RF to side (&), Step side on L (1), Lift both heels (&), Lower both knees (2)
3 & 4 Cross behind on LF (3), ¼ turn L and step back on R (&), Step forward on L (4),
5 & 6 & Step diagonal forward on R (5), Touch together on L (&), Step diagonal forward on L (6),
 Touch together on R (&),
7 8 Step forward on R (7), Hitch L with ¼ turn R (8),

[9-16] Cross, Side, Sailor ½ turn, Step back with Heel Grinds R+L, Coaster step, Walk L

- 1 2 Cross LF over RF (1), Step side on RF (2),
3 & 4 Cross LF behind RF with ¼ turn to L (3), ¼ turn L with step back on RF (&), Step forward on
 LF (4),
5 6 Step back on RF, Turn left heel to L (5), Step back on LF, Turn right heel to R (6),
7 & 8 & Step back on RF (7), Step together on LF (&), Step forward on RF (8), Step forward on LF
 (&),

[17-24] Step hitch, Hold, Out out, Sway sway, Slide, Hold

- 1 2 Step forward on RF (1), Make a hitch on L (2),
3 & 4 Hold (3), Step out on LF (&), Step out on RF (4),

* Restart with Step change in Wall 3.

- 5 6 Swing your hips to right side (5), Swing hips to left side (6),
7 8 Slide to right side on RF (7), Hold (8),

*Restart: Step in Place on LF (&), Touch RF next to LF (4)

[25-32] Sailor ¼ turn, Step, ¼ turn, Sailor ¼ turn, Step, ¼ Turn with Sweep; Touch

- 1 & 2 Cross LF behind RF (1), ¼ turn L and step back on RF (&), Step forward on LF (2),
3 4 Step forward on RF (3), ¼ turn L with step side on LF (4),
5 & 6 Cross RF behind LF (5), ¼ turn R and step back on LF (&), Step forward on RF (6),
7 8 Step forward on LF (7), ¼ turn with weight on LF and swing the RF from back to front and
 touch RF next to LF (8)

Tag

[1-8] Step back with drag R+L, step ¼ turn, head movement

- 1 2 Step RF diagonal backwards and push R arm diagonal forward to L (1), Drag LF next to RF
 (2)
3 4 Step LF diagonal backwards and push L arm diagonal forward to R (3), Drag RF next to LF
 (4),
5 6 ¼ turn R and step side on RF (5), Start making ¼ turn to R slowly with the head (6),
7 8 Continue the head-turn (7), Finish Head-Turn (8)

Arms: follow with your R hand the head movement, start with the hand in front of your face (5-8)

[9-16] ¼ turn, Step drag R+L, arm movement,

- 1 2 ¼ turn L with step forward on LF (1), Drag RF next to LF (2)
3 4 Step RF forward (3), Drag LF next to RF (4)
5 6 Step LF forward (5), Drag RF next to LF (6)
7 8 Start raising your R arm slowly in the air (7), Drag RF next to LF and finish raising you R arm
 (8),

[1-4] Arm movement, Cross, full turn

1 2 Bring your R hand down in front of your chest (1), Cross RF over LF (2),
3 4 Start full turn L (3), Finish full turn L with weight on LF (4)

***Note: The counting of the tag is really difficult. It's easier to listen to the song.**

Tag 2

[1-8] Step back with drag R+L, step ¼ turn, head movement

1 2 Step RF diagonal backwards and push R arm diagonal forward to L (1), Drag LF next to RF
 (2)
3 4 Step LF diagonal backwards and push L arm diagonal forward to R (3), Drag RF next to LF
 (4),
5 6 ¼ turn R and step side on RF (5), Start making ¼ turn to R slowly with the head (6),
7 8 Continue the head-turn (7), Finish Head-Turn (8)

Arms: follow with your R hand the head movement, start with the hand in front of your face (5-8)

[9-16] ¼ turn, Step drag R+L, arm movement

1 2 ¼ turn L with step forward on LF (1), Drag RF next to LF (2)
3 4 Step RF forward (3), Drag LF next to RF (4)
5 6 Step LF forward (5), Drag RF next to LF (6)
7 8 Start raising your R arm slowly in the air (7), Drag RF next to LF and finish raising you R arm
 (8),

Enjoy dancing and Have fun!

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