

Thirty Now!

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Thirties - Kezia Gill



Sect 1 DOROTHY STEP, HEEL, TOGETHER, POINT, BACK, SWEEP, LOCK STEP, BACK ROCK, RECOVER

1 – 2 & Step diagonal forward R – Close L behind R – Step diagonal forward R
3 & 4 & Heel forward L – Step L next to R – Point R to side – Step back R
5 – 6 & Sweep L from front to back with pointed toe – Step back L – Lock R in front of L
7 & 8 Step back L – Rock back R lift L foot slightly from the ground – Recover with stomp forward L

Sect 2 HEEL LIFT, SIDE ROCK, RECOVER, CROSS SHUFFLE, POINT, CROSS, KICK BALL CROSS

& 1 – 2 & Lift L Heel up – Lower L heel and put weight on L – Side Rock R – Recover L
3 & 4 Cross R in front of L – Step L next to R – Cross R in front of L
5 – 6 Point L to side – Cross L in front of R
7 & 8 Kick diagonal forward R – Step on ball R – Cross L in front of R

Sect 3 SIDE, HEEL, TOGETHER, POINT, ½ SAILOR TURN, WEAVE, SLIDE, SWIVEL

& 1 & 2 Step to side R – Heel diagonal forward L – Step L next to R – Point R to side
3 & 4 Cross R behind L turning ½ right – Step L next to R – Cross R in front of L
5 & 6 & Side step L – Cross R behind L – Side step L – Cross R in front of L
7 & 8 Big side step L with slide R towards left foot – Swivel both hell left – Swivel back to center

Sect 4 HEEL BALL CROSS, SCISSOUR STEP, ¼ TURN, SLIDE, TOGETHER, SIDE, CLAP 2X

1 & 2 Heel diagonal forward L – Step on ball L – Cross R in front of L
3 & 4 & Side step L – Step R next to L – Cross L in front of L – ¼ Turn left and step back R
5 – 6 Big side step L – Slide R toe slowly towards L
& 7 & 8 Step R next to L – Side step L – Clap 2x

Tag 1: after 3rd wall

Sect 1 SIDE STEP WITH HIP, HOLD, HIP L+R+L

1 – 2 Side step R and push hip to right - Hold
3 & 4 Push hip to left – push hip to right – push hip to left and put weight on L

Sect 2 HEEL SWITCHES, CLAP 2X, ½ TURN, HEEL SWITCHES, CLAP 2X

1 & 2 & Heel forward R – Step R next to L – Heel forward L – Step L next to R
3 & 4 & Heel forward R – Clap 2x – Step R next to L
5 & 6 & ½ Turn left and heel forward L – Step L next to R – Heel forward R – Step R next to L
7 & 8 & Heel forward L – Clap 2x – Step L next to R

Tag 2: after 6th and 7th walls

Sect 1 SIDE STEP WITH HIP, HOLD, HIP L+R+L

1 – 2 Side step R and push hip to right - Hold
3 & 4 Push hip to left – push hip to right – push hip to left and put weight on L