Thirty Now!



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Fabian Müller (CH) - April 2022

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, 1/2 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, 1/4 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 – 1/4 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	l Push hi	p to left – push	hip to right –	push hip to le	eft and put weight on L

Sect 2 HEEL SWITCHES, CLAP 2X, 1/2 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 &	1/2 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 - Ho	bld

3 & 4 Push hip to left – push hip to right – push hip to left and put weight on L

heavymetalcowboy.ch fabian.langnau@bluewin.ch