Back In The Day



拍數: 32 牆數: 4 級數: Improver

編舞者: Phil Carpenter (UK) - 21 April 2022

音樂: Let's Just Dance - Michael Ball: (CD: We Are More Than One: iTunes)



#32 COUNT INTRO.

SECTION 1: TAP RIGHT FOOT IN PLACE, RIGHT KICK FORWARD, RIGHT STEP BACK, LEFT FOOT HOOK/HITCH INFRONT OF RIGHT, LEFT LOCK STEP WITH SCUFF.

1-2 Tab Right Foot in Place. Nick Right Foot Forwa	ck Right Foot Forward.	. Kick	Foot in Place.	2 Tap Righ	1-2
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3-4 Right Foot Step Back, Left Foot Hook/Hitch in front of Right. (W.O.R.),

5-6 Left Foot Step Forward, Lock Right Foot Behind Left.7-8 Left Foot Step Forward, Scuff Right Foot Forward.

SECTION 2: RIGHT LOCK STEP FORWARD WITH SCUFF, LEFT FOOT STEP SIDE LEFT & SWAY HIPS LEFT, RIGHT, LEFT.

9-10 Right Foot Step Forward, Lock Left Foot Behind Right.11-12 Right Foot Step Forward, Scuff Left Foot Forward.

13-14 Left Foot Step to Left side & Sway Hips Left, Sway Hips Right.

15-16 Sway Hips Left, Sway Hips Right.

RESTART DANCE AT THIS POINT DURING WALLS 4, 7 & 11(QUICKLY CHANGE WEIGHT TO LEFT FOOT)

SECTION 3: LEFT FOOT STEP FORWARD, ½ PIVOT TURN RIGHT, LEFT STEP FORWARD, HOLD, RIGHT JAZZ BOX TURNING ¼ RIGHT WITH CROSS.

17 - 18	Left Foot Step	o Forward,1/2	2 Pivot Turr	ı Right ((6.00).

19 – 20 Left Step Forward, Hold. (W.O.L.).
21 - 22 Right Cross Over Left, Left Step Back.

23 - 24 Right Step Forward Turning ¼ Right, Cross Left Foot over Right. (9.00).

SECTION 4: RIGHT SIDE ROCK, RECOVER, CROSS RIGHT INFRONT OF LEFT, HOLD. HINGE ½ TURN RIGHT, LEFT FOOT CROSS, HOLD.

25-26 Right Side Rock, Recover Weight Left.27-28 Right Cross In front of Left, Hold.

29-30 Turn ¼ Right Stepping Left Back, Turn ¼ Right Stepping Right To Side. (3.00)

31-32 Cross Left Over Right, Hold. (W.O.L.)

REPEAT DANCE FACING NEW WALL - ENJOY AND HAVE FUN

Choreographers Note: Restart Required during Wall 4, 7 & 11, Dance Steps 1 – 16 only

Phil's Big Finish: Wall 18: dance steps 1-5,

Then: ½ Turn Left, stepping back on Right, Touch Left forward, Arms Out Ta Dah.