

H H B B H A B B E

拍數: 128
編舞者: Rex Allott (UK) - May 2022
音樂: Why Me - Delbert McClinton

牆數: 2

級數: Phrased Improver



Intro - 32 beats - Sequence - A A B A A B A

A.: 64c

S1. R rumba box fwd, pause, L rumba box back, pause

- 1-2. Step R to R, step L next to R
- 3-4. Step R fwd, pause
- 5-6. Step L to L, step R next to L
- 7-8. Step L back, pause

S2. R rock step back, L rock step fwd, pause

- 1-2. Rock back on R, return weight to L
- 3-4. Step R next to L, pause
- 5-6. Rock fwd on L, return weight to R
- 7-8. Step L next to R, pause

S3. L rumba box fwd, pause, R rumba box back, pause

- 1-2. Step L to L, step R next to L
- 3-4. Step L fwd, pause
- 5-6. Step R to R, step L next to R
- 7-8. Step R back, pause

S4. L rock step back, R rock step fwd, pause

- 1-2. Rock back on L, return weight to R
- 3-4. Step L next to R, pause
- 5-6. Rock fwd on R, return weight to L
- 7-8. Step R next to L, pause

S5. L cross toe strut, R toe strut diagonally back L, step L, R, back, L fwd, pause

- 1-2. Cross L toe over R, drop heel
- 3-4. Step R toe diagonally back R, drop heel
- 5-6. Step L next to R, step R fwd
- 7-8. Step L next to R, pause

S6. R cross toe strut, L toe strut diagonally fwd R, step R, L, fwd, R, L back

- 1-2. Cross R toe over L, drop heel
- 3-4. Step L toe diagonally fwd L, drop heel
- 5-6. Step R fwd, step L next to R
- 7-8. Step R back, step L next to R

S7. R cross toe strut, L toe strut diagonally back R, step R, L, back, R fwd, pause

- 1-2. Cross R toe over L, drop heel
- 3-4. Step L toe diagonally back L, drop heel
- 5-6. Step R next to L, step L fwd
- 7-8. Step R next to L, pause

S8. L cross toe strut, R toe strut diagonally fwd R, turning 1/4 R, step fwd, L, back R, turning 1/4 R step fwd L, R

- 1-2. Cross L toe over R, drop heel

- 3-4. Step R toe diagonally fwd R, drop heel
- 5-6. Turning 1/4 R, step R, L
- 7-8. Rpt 5-6

B.: 64c

S1. Point R toe diagonally fwd R, return, rpt L

- 1-2. Point R toe diagonally fwd, pause
- 3-4. Return R next to L, pause
- 5-6. Point L toe diagonally fwd, pause
- 7-8. Return L next to R, pause

S2. Point R toe diagonally back R, return, rpt L

- 1-2. Point R toe diagonally back R, pause
- 3-4. Return R next to L, pause
- 5-6. Point L toe diagonally back L, pause
- 7-8. Return L next to R, pause

S3. Step R to R, pause, step L next to R, pause, step R to R, step L next to R, step L to L, step R next to L

- 1-2. Step R to R, pause
- 3-4. Step L next to R, pause
- 5-6. Step R to R, step L next to R
- 7-8. Step L to L, step R next to L

S4. Step L to L, pause, step R next to L, pause, step L to L, step R next to L, step R to R, step L next to R

- 1-2. Step L to L, pause
- 3-4. Step R next to L, pause
- 5-6. Step L to L, step R next to L
- 7-8. Step R to R, step L next to R

S5. Turning 1/8 R volta steps R,L, x 4 (1/2 turn total)

- 1-2. Turning 1/R, step L over R, step R behind L
- 3-4. Rpt 1-2
- 4-5. Rpt 1-2
- 6-7. Rpt 1-2

S6. Rpt S3.

S7. Rpt S4.

S8. Rpt S1.

On final 'A' omit R turn (S8. 5-8) and improvise (A.S6.5-8 & B. S1.) to finish facing forward.
