Fresh Coat of Paint

級數: Beginner

編舞者: Lynn Funk (USA) - June 2022

音樂: Fresh Coat of Paint - Lee Roy Parnell

Dance starts at 32 counts at vocals.

拍數: 32

Step Right, Left Kick, Rock/Recover; Step Left, Right Kick, Rock/Recover

- Step RF to Right, Kick LF Diagonal Left, Rock Back on LF, Recover on RF 1-4
- 5-8 Step LF to Left, Kick RF Diagonal Right, Rock Back on RF, Recover on LF

Hip Dips and Points Right and Left x 2

- 1-2 Step RF to Right and Dip your Hips to Right, Straighten and Point L Toe to Left Side
- Step LF to Left and Dip your Hips Left, Straighten and Point R Toe to Right Side 3-4
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

The 2 Restarts are here

Lock Step R with Toe Touch, Lock Step L with Toe Touch

- Step RF Diagonal Right and Forward, Lock LF Behind RF, Step RF Forward, Touch L Toe 1-4 Next to RF
- 5-8 Step LF Diagonal Left and Forward, Lock RF Behind LF, Step LF Forward, Touch R Toe Next to LF

Grapevine R and Grapevine L with 1/2 Left Turn

- Step RF to R, Step LF Behind RF, Step RF to R, Touch L Toe Next to RF 1-4
- Step LF to L, Step RF Behind LF, Step LF to Left with 1/2 Left Turn, Touch R Toe Next to LF 5-8 (6:00)

Restart the Dance.

Restarts: There are two easy restarts. They are exactly the same. The FIRST restart will be the SECOND time at 12:00. Dance the first 16 counts and RESTART. The SECOND restart will be the THIRD time at 6:00. Dance the first 16 counts and RESTART.

Tag: There is an easy TAG the FOURTH time at 12:00. It is 4 counts and happens BEFORE starting the dance.

1-4 Step or Hop the RF to Right, Touch L Toe Next to RF, Step or Hop the LF to Left, Touch R Toe Next to LF

Optional Ending. The dance ends facing the front wall but there is a bit more music, I just did EIGHT sliding steps back and TADA.

Have Fun!

Contact: Lynn Funk at slfaz441@gmail.com





牆數:2