

Thelma

拍數: 68 牆數: 2 級數: Intermediate
編舞者: Darren Bailey (UK) - November 2022
音樂: Trouble with a Capital 'T' - Tommy Townsend



Intro: 32 Counts

Kick R, Kick L, Kick R x2, Rock to R, Recover

1-2 Kick RF forward slightly across L, Step RF to R side
3-4 Kick LF forward slightly across R, Step LF to L side
5-6 Kick RF forward, Kick RF forward (both kicks slightly across L)
7-8 Rock RF to R side, Recover onto LF

Behind, Rock L, Recover, Behind, Side, Cross, Hold, Ball Cross

1-2 Cross RF behind LF, Rock LF to L side
3-4 Recover onto RF, Cross LF behind RF
5-6 Step RF to R side, Cross LF over RF
7&8 Hold, Step RF to R side, Cross LF over RF

Monterey 1/4 turn R, Monterey 1/4 turn R

1-2 Touch RF to R side, Make a 1/4 turn R and close RF next to LF
3-4 Touch LF to L side, Close LF next to RF
5-6 Touch RF to R side, Make a 1/4 turn R and close RF next to LF
7-8 Touch LF to L side, Close LF next to RF

Rocking chair with R heel grind, Step 1/2 turn L, Walk R, L

1-2 Rock forward on R heel (R toe pointed in), Recover onto LF (R toe pointed out)
3-4 Rock back on RF, Recover onto LF
5-6 Step forward on RF, Make a 1/2 turn pivot L
7-8 Step forward on RF, Step forward on LF

Stomp, Twist R, Twist Centre, Close, Stomp, Twist L, Twist Centre, Close

1-2 Stomp forward on RF, Twist both heels to R
3-4 Return both heel back to centre, Close RF next to LF
5-6 Stomp forward on LF, Twist both heels to L
7-8 Return both heels to centre, Close LF next to RF

Diagonal steps back with claps x4

1-2 Step diagonally back on RF, Touch LF next to RF and clap hands
3-4 Step diagonally back on LF, Touch RF next to LF and clap hands
5-6 Step diagonally back on RF, Touch LF next to RF and clap hands
7-8 Step diagonally back on LF, Touch RF next to LF and clap hands

Rock, Recover, Cross, Hold, Rock, Recover, Cross, Hold

1-2 Rock RF to R side, Recover onto LF
3-4 Cross RF over LF, Hold
5-6 Rock LF to L side, Recover onto RF
7-8 Cross LF over RF, Hold

Diagonal step touches with 1/4 turn L, 1/4 turn L Walk L, R

1-2 Step RF diagonally forward to R, Touch LF next to RF
3-4 Make a 1/4 turn L and step diagonally forward on LF, Touch RF next to LF

5-6 Step RF diagonally forward to R, Touch LF next to RF
7-8 Makes a 1/4 turn L and step forward on LF, Step forward on RF

Stomp L, Hold x3

1-2 Stomp forward on LF, Hold
3-4 Hold, Hold. (option to bounce shoulders on the holds)

Tag (after wall 2 (you will be facing 12:00 to dance the tag))

Rocking chair x2

1-2 Rock forward on RF, Recover onto LF
3-4 Rock back on RF, Recover onto LF
5-6 Rock forward on RF, Recover onto LF
7-8 Rock back on RF, Recover onto LF
