

Thelma, Easy

拍數: 68 牆數: 2 級數: High Beginner
編舞者: Runa (DK) - December 2022
音樂: Trouble with a Capital 'T' - Tommy Townsend



Intro: 32 count

TAG: 8 count tag after wall 2 facing 12:00

Rocking-chair x 2:

1-2-3-4 Rock fwd on R, recover on L, rock back on R, recover on L

5-6-7-8 Repeat count 1-4

S1. (Kick, together) x 4 (R+L+R+L)

1-2-3-4 Kick R fwd, step R beside L, kick L fwd, step L beside R

5-6-7-8 Repeat count 1-4

S2. (Point, touch, point, together) x 2 (R+L)

1-2-3-4 Point R to R side, touch R beside L, point R to R side, step R beside L

5-6-7-8 Point L to L side, touch L beside R, point L to L side, step L beside R

S3. (Monterey ¼ turn R) x 2

1-2 Point R to R side, make a ¼ turn R stepping R beside L (3:00)

3-4 Point L to L side, step L beside R

5-6-7-8 Repeat count 1-4 (6:00)

S4. (Out, out, in, in) x 2

1-2-3-4 Diag. fwd on R, diag. fwd on L, step R back to centre, step L back to centre

5-6-7-8 Repeat count 1-4

S5. (Toe-Strut slightly moving fwd) x 4 (R+L+R+L)

1-2-3-4 Touch R toes slightly fwd, drop heel, touch L toes slightly fwd, drop heel

5-6-7-8 Repeat count 1-4

S6. Diag. back, together, diag. back, touch and clap, diag. fwd, together, diag. fwd, touch and clap

1-2-3-4 Diag. back on R, step L beside R, diag. back on R, touch L beside R and clap

5-6-7-8 Diag. fwd on L, step R beside L, diag. fwd on L, touch R beside L and clap

S7. Diag. fwd, together, diag. fwd, touch and clap, diag. back, together, diag. back, touch and clap

1-2-3-4 Diag. fwd on R, step L beside R, diag. fwd on R, touch L beside R and clap

5-6-7-8 Diag. back on L, step R beside L, diag. back on L, touch R beside L and clap

S8. Fwd rumba-box with hold

1-2-3-4 Step R to R side, step L beside R, step fwd on R, hold

5-6-7-8 Step L to L side, step R beside L, step back on L, hold

S9. (Side, touch) x 2 (R+L)

1-2-3-4 Step R to R side, touch L beside R, step L to L side, touch R beside L

ENDING: Last wall 5 after 28 count: Step fwd on R and make a ½ turn L to end the dance facing 12:00