

Throwin' Stones

拍數: 48 牆數: 4 級數: Improver
編舞者: Cody James Lutz (USA) - March 2023
音樂: Mama, Dolly, Jesus - Madeline Edwards



#16 Count Intro.

(1-8) CROSS, HOLD, OUT, HOLD, CROSS ROCK, REC, BACK, REC

1234 Cross right over left, hold, step L out to L side with toes pointing slightly left, hold (12)
5678 Cross rock R over L, recover weight to L, rock back on R, recover weight to L (12)

(Note: The dance begins by moving to the left - your toes should point left as you move, and you should look left - but you're still on the front wall. Your steps should move at a slight forward diagonal so your feet don't get tangled - but not all the way towards the 10:30 diagonal. See video for demo)

(Optional Styling: Instead of Cross-Hold, you could do a toe strut as follows:

1234 Touch R toe over L, step down on R foot, touch L toe to L side, step down on L foot)

(9-16) ¼ OUT-BALL-CROSS, ¼ BACK-BALL-CROSS, TOUCH, FLICK

123 Make a ¼ turn L stepping R to R side, step ball of L next to R, cross R over L (9)
456 Make a ¼ turn R stepping back on L, step R together with L, cross L over R (12)
78 Touch R toe to R side, lift R heel behind body* (12)

(17-24) OUT, BEHIND, OUT, CROSS, OUT-BALL-CROSS

1234 Step R to R side, step L behind R, step R to R side, cross L over R (12)
5678 Step R to R side, step ball of L next to R, cross R over L, hold (12)

(Optional Styling: On the lyric "voices in my head", point fingers towards temples)

(25-32) ¼-BACK, ¼ OUT, CROSS ROCK, REC, BACK ROCK, REC, CROSS, HOLD (CLAP)

12 Make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side (6)
3456 Cross rock L over R, recover weight to R, rock back on L, recover weight to R (6)
78 Cross L over R, hold (or clap) (6)

(33-40) ¼ MONTEREY, JAZZ-BOX-CROSS

12 Point R toe to R side, make a ¼ turn R stepping R together with L (9)
34 Point L toe to L side, step L together with R taking the weight (9)
5678 Cross R over L, step back on L, step R to R side, cross L over R (9)

(Optional Styling: Instead of the jazz-box-cross, you can do a heel-grind-together-cross, especially during the chorus on the lyric "throw your stones" as follows:

5 Grind R heel into the ground taking weight moving toes from L to R
678 Step back on L, step R together with L, cross L over R)

(41-48) ¼ MONTEREY, ½ PIVOT, ¼ PIVOT

12 Point R toe to R side, make a ¼ turn R stepping R together with L (12)
34 Point L toe to L side, step L together with R taking the weight (12)
56 Step forward on R, pivot ½ L taking weight on L (6)
78 Step forward on R, pivot ¼ L taking weight on L** (3)

(Note: The two pivots on counts 45-48 will feel like two half-turns since the dance starts by moving left.)

There are two fun 8-count tags that are both the same. *The first is on Wall 3 after 16 counts (flick), then restart. **The second is after Wall 10. Wall 10 technically ends on the 3:00 wall, but instead face 12:00, perform the tag, and then start the dance over from 12:00. Basically do your two "half-turn pivots" as actual half-turn pivots this one time, and tag facing the front, then start over from there. It's much easier than it sounds!

TAG:

1234 Touch R forward at R diagonal, touch R next to L, touch R forward at R diagonal, step R next to L

5678 Touch L forward at L diagonal, touch L next to R, touch L forward at L diagonal, step L next to R

Optional Styling: Instead, step forward to the diagonals and roll your hips, body, or whatever you please towards the diagonals. Have fun with it! Just make sure you still step together on 4 and 8 so you can restart)

ENDING: The dance ends on the clap facing 9:00. Instead, pivot to the front and clap!

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