

It's Complicated

拍數: 226 牆數: 1 級數: Phrased Intermediate
編舞者: Rex Allott (UK) - April 2023
音樂: East St. Louis Toodle-Oo - Steely Dan : (Pretzel Logic album)



Sequence - A,B,C,D,E,F,B,(S1.S.2),step fwd R,L,R.

Intro - 14 beats

A.

S1. Stomp R,L,R,L

7&8&. Stomp R,L,R,L

B.

S1. Step L to L, step R next to L, cross L over R, step R next to L, cross R over L, step L back, stomp L,R,L,R

1-2. Step L to L, step R next to L

3-4. Step L diagonally fwd over R, step R next to L

5-6. Step R diagonally fwd over L, step L back

7&8&. Stomp R,L,R,L

S2. Rpt S1.

S3. Point R heel diagonally out R, return toe, point R heel diagonally out R, drop R toe into a V-step, rpt

1&2&. Point R heel diag. out R, touch R toe next to L, point R heel diag. out R, drop R toe

3&4&. Step R on the spot, step L out L, step R back, step L next to R

5&6&. Point L heel diag. out L, touch L toe next to R, point L heel diag. out L, drop L toe

7&8&. step L on the spot, step R out R, step L back, step R next to L

S4. Rpt S1.

C.

S1. Vine R, weave L, heel switches R, L, L, R

1&2&. Step R to R, step L behind R, step R to R, step L over R

3&4&. Step R to R, step R over L, step L to L, step R next to L

5&6&. Swivel R heel out, return, swivel L heel out, return

7&8&. Swivel L heel out, return, swivel R heel out, return

S2. Toe swivels R, L, R shuffle fwd, toe drags back R,L,R,L

1&2&. Swivel R toe out, return, swivel L toe out, return

3&4. Shuffle fwd R, L, R

5&6&. Drag R toe back, drop heel, drag L toe back, drop heel

7&8&. Drag R toe back, drop heel, drag L toe back, drop heel

S3. Vine L, weave R, heel switches L, R, R, L

1&2&. Step L to L, step R behind L, step L to L, step R over L

3&4&. Step L to L, step L over R, step R to R, step L next to R

5&6&. Swivel L heel out, return, swivel R heel out, return

7&8&. Swivel R heel out, return, swivel L heel out, return

S4. Toe swivels R, L, R shuffle fwd, step, fwd, back R,L, stomp R,L,R,L

1&2&. Swivel R toe out, return, swivel L toe out, return

3&4. Shuffle fwd R, L, R

5&6&. Step fwd R, L, step back R, L

7&8&. Stomp R, L, R, L

D.

S1. Syncopated vine R, L toe/heel swivels

- 1-2. Step R to R, step L behind R
- &3-4. Step R to R, step L next to R, step R to R
- 5-6. Swivel L toe R, L heel R
- 7-8. Rpt 5-6 ending with L next to R

S2. Syncopated vine L, R toe/heel swivels

- 1-2. Step L to L, step R behind L
- &3-4. Step L to L, step R next to L, step L to L
- 5-6. Swivel R toe L, R heel L
- 7-8. Rpt 5-6 ending with R next to L

S3. Heel taps R, L, R fwd mambo, full stepping turn R, stomp R,L,R,L

- 1&2&. Tap R heel fwd, back, rpt L
- 3&4. Step R fwd, step L on the spot, step R back
- 5&6&. Making a full turn R, step R, L, R, L
- 7&8&. Stomp R, L, R, L

S4. Syncopated vine L, R toe/heel switches, rpt R

- 1-8. Rpt S2.

S5. Syncopated vine R, L toe/heel swivels

- 1-8. Rpt S1.

S6. Heel taps L, R, L fwd mambo, full stepping turn L, stomp L,R,L,R

- 1&2&. Tap L heel fwd, back, rpt R
- 3&4. Step L fwd, step R on the spot, step L back
- 5&6&. Making a full turn L step L, R, L, R
- 7&8&. Stomp L, R, L, R

S7. Step fwd, back R, L, stomp R, L, R, L

- 1&2&. Step R fwd, step L next to R, step R back, step L next to R
- 3&4&. Stomp R, L, R, L

E.

S1. Modified jazz box R

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

S2. Modified jazz box L

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

S3. Charleston steps

- 1-2. Swing R leg in front of L (pointing toe down), swing R leg behind L
- 3-4&. Tap R heel (or toe) diagonally out R x 2, return
- 5-6. Swing L leg in front of R (pointing toe down), swing L leg behind R
- 7-8&. Tap L heel (or toe) diagonally out L x 2, return

S4. Jazz box L, R

- 1&2&. Step to L, L, R, step back L, R

- 3&4&. Step to R, R, L step fwd R, L
- 5&6&. Step to R, R, L, step back R, L
- 7&8&. Step to L, L, R, step fwd L, R

F.

S1. Chasse R, step L fwd, return, back, return, chasse R

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

S2. Chasse L, step R fwd, return, back, return, chasse L

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

S3. Kick R out fwd, side, replace, jump L, R, L, step R out R x 2

- 1-2. Kick R out fwd, side
- 3&4&. Replace R, simultaneously kicking out L, bouncing steps R, L, R
- 5-6. Step R out, return
- 7-8. Step R out, return

S4. Kick L out Fwd, side, replace, jump R, L, R, step L out L x 2

- 1-2. Kick L out fwd, side
- 3&4. Replace L, simultaneously kicking out R, bouncing steps L, R, L
- 3-4. Step L out, return
- 7&8. Step L out, return

S5. Rpt S2.

S6. Rpt S1.

S7. Rpt S4

S8. Rpt S3

S9. Step fwd, back R, L, stomp R, L, R, L

- 1&2&. Step R fwd, step L next to R, step R back, step L next to R
- 3&4&. Stomp R, L, R, L

Finish by stepping fwd L, R, L, after final B. S.2
