

Lemons to Lemonade

拍數: 64 牆數: 4 級數: Improver
編舞者: Diana Oglesby (USA) - April 2023
音樂: Hey Little Mama - Morgan Evans



Intro: 16 Counts, start with weight on R

Restart on wall 3 after 36 counts, with step change (see instructions, below)

S1 (1-8) STEP L SIDE, TAP R HEEL IN, R HEEL TO CENTER, TAP L HEEL IN, L BACK, KICK R FWD, R BACK, KICK L FWD

1-4 Step L side (1), swivel R heel in and tap (2) swivel R heel to center (3), swivel L heel in and tap (4)

5-8 Step L back (5), low-kick R forward (6), step R back (7), low-kick L forward (8)

S2 (9-16) ROCK L SIDE, RECOVER, STEP L TOGETHER, HOLD, ROCK R SIDE, RECOVER, STEP R TOGETHER, HOLD

1-4 Rock L side (1), recover to R (2), step L together (3), hold (4)

5-8 Rock R side (5), recover to L (6), step R together (7), hold (8) (9:00)

S3 (17-24) L FWD STEP-LOCK-STEP, HOLD, STEP R FORWARD, TURN ¼ L and STEP L SIDE, CROSS R OVER, HOLD

1-4 Step L forward (1), lock R behind (2), step L forward (3), hold (4)

5-8 Step R forward (5), turn ¼ L and step L side (6), cross R over (7), hold (8)

S4 (25-32) ROCK L SIDE, HOLD, RECOVER, HOLD, L BEHIND, R SIDE, CROSS R OVER, HOLD

1-4 Rock L side (1), hold (2), recover to R (3), hold (4)

5-8 Cross L behind (5), step R side (6), cross R over (7), hold (8) (9:00) (6:00)

S5 (33-40) ROCK R SIDE, HOLD, RECOVER, HOLD, R BEHIND, TURN ¼ L AND L FWD, R FWD, L FWD

1-4 Rock R side (1), hold (2), recover to L (3), hold (4)

Restart on wall 3 after 36 counts

5-8 Cross R behind (5), turn ¼ L and step L forward (6), step R forward (7), step L forward (8)

S6 (41-48) R SIDE, TAP L BEHIND, L SIDE, R TOGETHER, L SIDE, TAP R BEHIND, R SIDE, L TOGETHER

1-4 Step R side (1), tap L behind (2), step L side, (3), step R together (4)

5-8 Step L side (5), tap R behind (6), step R side (7), step L together (8)

S7 (49-56) R ROCKING CHAIR, R FWD, HOLD, ½ TURN L, HOLD

1-4 Rock R forward (1), recover to L (2), rock R back (3), recover to L (4)

5-8 Step R forward (5), hold (6), turn ½ L and step L forward (7) hold (8)

S8 (57-64) R DIAGONALLY FWD, TOUCH L TOGETHER, L DIAGONALLY BACK, TOUCH R TOGETHER, TURN ¼ R and SLOW R SIDE CHASSE, TOUCH L

1-4 Step R diagonally forward (1), touch L together (2), step L diagonally back (3), touch R together (4)

5-8 Turn ¼ R and step R side (5), touch L together (6), step R side (7), touch L together (8)

REPEAT

Restart on wall 3 after 36 counts, with step change. On count 33, step R side, hold, then step L together, hold, (shift weight to R) (count 34)

Dance ends 40 counts into wall 8. At the beginning of S5 you will be facing the beginning wall. In order to stay

facing the front, do not turn $\frac{1}{4}$ L during steps 5-8. Instead, do a back R coaster.

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