

Standards

拍數: 64 牆數: 1 級數: Phrased Low Intermediate
編舞者: Roy Verdonk (NL), Glenn Ball (UK) & Emma Whillans (USA) - May 2023
音樂: Standards - Leslie Odom, Jr.



Intro: 16 Counts, Start at approx 15 secs

Sequence: A, A, B, A, A*, B, A, B

Part A

SEC 1 Kick Ball Cross, Kick Ball Cross, & Behind Sweep, Weave, Side Slide

1&2 Kick right forward to right diagonal, step right beside left, cross left over right
3&4 Kick right forward to right diagonal, step right beside left, cross left over right
&5 Step right to right, step left behind right sweeping right from front to back
6&a Step right behind left, step left to left, cross right over left
7-8 Step left to left, turn $\frac{1}{8}$ left sliding right towards left (10:30)

SEC 2 Kick Ball Change, Boogie Walk x3, Rock, Back, Slide, Touch

1&2 Kick right forward, step right beside left, step left forward
3&4 Step right forward pushing both knees to right, step left forward pushing both knees to left, step right forward pushing both knees to right
5-6 Rock left forward, recover weight onto right
7-8 Step left back sliding right towards left, touch right beside left

SEC 3 $\frac{1}{8}$ Ball Cross, $\frac{1}{4}$ Reverse Chug Turn Side, Ball Cross, $\frac{1}{4}$ Reverse Chug Turn Side

&1 Turn $\frac{1}{8}$ right step right beside left, cross left over right (12:00)
2-3-4 Turn $\frac{1}{8}$ right step right to right, turn $\frac{1}{8}$ right step right to right, step right to right (3:00)
&5 Step left beside right, cross right over left
6-7-8 Turn $\frac{1}{8}$ left step left to left, turn $\frac{1}{8}$ left step left to left, step left to left (12:00)

Note On fourth Part A add the following then continue with Part B

1 Touch right hand to left shoulder and touch left hand to right shoulder
& Touch right hand to right shoulder and touch left hand to left shoulder
a Drop both arms
2 Throw right arm forward

SEC 4 Heel Grind Ball Cross, Hitch, Point, Look Look, Swivel Heel Toe Heel, Jazz Jump, Back Slide

1&a2 Touch right heel over left, grind right heel step left to left, step right beside left, cross left over right
&3&4 Hitch right knee, point right to right, look right, look back to front
5&6 Twist right heel to left, twist right toes to left, twist right heel to left
7-8 Jump forward on to right foot lifting left back, step left back sliding right towards left

Part B

SEC 1 Back, Touch, Back, Touch, Back, Touch, Ball Step, $\frac{1}{2}$ Pivot

1-2 Step right back to right diagonal, touch left beside right
3-4 Step left back to left diagonal, touch right beside left
5-6 Step right back to right diagonal, touch left beside right
&7-8 Step left beside right, step right forward, pivot $\frac{1}{2}$ left transferring weight on to left (6:00)

SEC 2 Back, Touch, Back, Touch, Back, Touch, Ball Step, $\frac{1}{2}$ Pivot

1-2 Step right back to right diagonal, touch left beside right
3-4 Step left back to left diagonal, touch right beside left
5-6 Step right back to right diagonal, touch left beside right

&7-8 Step left beside right, step right forward, pivot ½ left transferring weight on to left (12:00)

SEC 3 Side, Kick Over, Side, Kick Over, Side, Touch Behind, Ball Touch Behind, ½ Unwind

1-2 Step right to right, kick left over right

3-4 Step left to left, kick right over left

5-6 Step right back, touch left behind right

&7-8 Step left to left, touch right behind left, unwind ½ right keeping weight on left (6:00)

SEC 4 Side, Kick Over, Side, Kick Over, Side, Sailor Step, Touch Behind, ½ Unwind

1-2 Step right to right, kick left over right

3-4 Step left to left, kick right over left

5 Step right to right

6&a Step left behind right, step right to right, step left to left

7-8 Touch right behind left, unwind ½ right keeping weight on left (12:00)
