

Lacy Sleeves

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Rob McKean (CAN) & Barbara R. K. Wallace (CAN) - June 2023
音樂: Raised On Robbery - Joni Mitchell



Intro: 16 counts

TWIST HEELS RIGHT, TWIST HEELS LEFT MAKING ¼ TURN RIGHT, RIGHT COASTER BACK, STEP FORWARD LEFT, PIVOT ¼ RIGHT AND SWIVEL IN RIGHT HEEL, RIGHT TOE, RIGHT HEEL (WEIGHT ON LEFT)

1-2 Twist both heels right, twist both heels left making ¼ turn right (weight on left)
3&4 Step back right, step together left, step forward right 3:00
5-8 Step forward left (5) make ¼ turn right and swivel right heel in towards left (6), swivel right toe to left (7), swivel right heel to left (8) 6:00

POINT RIGHT TOE SIDE, HOLD, STEP TOGETHER RIGHT, POINT LEFT TOE SIDE, HOLD, STEP TOGETHER LEFT, POINT RIGHT TOE FORWARD AND DO A "C" HIP BUMP

1,2 Point right toe side, hold
&3,4 Step together right, point left toe side, hold
&5&6&7&8& Step together left (&), point right toe forward and bump right hip forward and up (5), bump left hip back (&), bump right hip forward and down (6), bump left hip back (&), bump right hip forward and up (7), bump left hip back (&) bump right hip forward and down (8), bump left hip back (&)

(You've formed a "C" pattern up and down with the right hip) 6:00
(easier option: double bump forward, double bump back)

¼ TURN RIGHT, ½ TURN LEFT, ¼ TURN RIGHT, ½ TURN LEFT

1,2 Turn ¼ right stepping forward right, hold 9:00
3,4 Turn ½ left stepping forward left, hold 3:00
5,6 Turn ¼ right stepping forward right, hold 6:00
7,8 Turn ½ left stepping forward left, hold 12:00

JAZZ TWO, BALL CROSS, HOLD, BALL JAZZ TWO, BALL CROSS, HOLD

1,2 Cross right over left, step back left
&3,4 Step together right, cross left over, hold
&5,6 Step together right, cross left over, step back right
&7,8 Step together left, cross right over, hold

LEFT SIDE MAMBO, RIGHT AND LEFT HEEL SWITCHES, RIGHT TOE BACK, UNWIND 1/2 RIGHT (WEIGHT REMAINS ON LEFT) SHUFFLE FORWARD RIGHT

1&2 Rock side left, recover right, step left beside right
3&4& Touch right heel forward, together right, touch left heel forward, together left
5,6 Touch right toe back, unwind ½ right keeping weight on left
7&8 Shuffle forward right, left, right 6:00

LEFT KICK BALL POINT SIDE, RIGHT KICK BALL POINT SIDE, LEFT SAILOR SHUFFLE, STEP BACK RIGHT, POINT LEFT SIDE

1&2 Kick left forward, step on left, point right to side
3&4 Kick right forward, step on right, point left to side
5&6 Cross left behind right, step side right, step together left
7,8 Step back right, point left to side 6:00

LEFT SAILOR WITH ¼ TURN LEFT, BALL STEP, HOLD, ROCK FORWARD RECOVER, ½ SHUFFLE RIGHT

1&2 Cross left behind right making $\frac{1}{4}$ turn left, step side right, step together left
&3,4 Step together on ball of right (&), step forward left (3), hold (4) 3:00
5,6 Rock forward right, recover left
7&8 Shuffle right, left, right making $\frac{1}{2}$ turn right 9:00

ROCK FORWARD LEFT, RECOVER, FULL TURN LEFT, RIGHT HEEL JACK, BALL TOUCH, RIGHT HEEL JACK, BALL STEP TOGETHER

1-2 Rock forward left, recover right
3-4 Turn $\frac{1}{2}$ left stepping forward left, make $\frac{1}{2}$ turn left stepping back right (easier option: walk back left, right)
&5&6 Step back left, touch right heel forward, step together right, touch left toe beside right
&7&8 Step back left, touch right heel forward, step together right, step together on left (ending with feet together) 9:00

Ending: Start the last sequence (7th) at the 6 o'clock wall. Dance the first 30 counts then make $\frac{1}{2}$ turn left to the front wall on the ball of the right foot and step forward left.
