

Pick Up the Phone

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Emil Langdal Tørstad (NOR) - October 2023
音樂: pick up the phone - Henry Moodie : (CD: Pick up the phone - Single)



No Tag, 2 Restarts

Intro: 4 counts (start on vocals)

S1 - Walk, Walk, Mambo-step, Back-Sweep, Back-Sweep, Sailor step w/ 1/4L turn

1-2 Step RF fwd, step LF fwd
3&4 Step RF fwd, recover weight back on LF, step RF together
5-6 Step LF back & sweep RF from front to back, Step RF back & sweep LF from front to back
7&8 Turn 1/8L & step LF back, turn 1/8L & step RF to RF, step LF diag L fwd 09:00

S2 - Dorothy steps forward Right & Left, Step, Pivot 1/2, Full Turn Forward

1-2& Step RF diag R fwd (1), step LF together (2), Step RF diag R fwd (&)
3-4& Step LF diag L fwd (1), step RF together (2), Step LF diag L fwd (&)
5-6 Step RF fwd, turn 1/2L & change weight to LF 03:00 *ENDING - Wall 8
7-8 Turn 1/2L & step RF back, turn 1/2L & step LF fwd 03:00 *RESTART - Wall 2 & Wall 5

S3 - Cross, Side, Sailor Heel, Ball-Cross, Side, Behind-Side-Cross

1-2 Step RF in front of LF, step LF to L
3&4 Step RF behind LF (3), step LF to L (&), touch R Heel fwd on R diag (4)
&5-6 Step RF beside LF (&), step LF in front of RF (5), step RF to R (6)
7&8 Step LF behind RF, step RF to R, Step LF in front of RF

S4 - Side, Together, Cross Shuffle, Rock-Recover, Sailor step w/ 1/2L turn

1-2 Step RF to R, step LF together
3&4 Step RF in front of LF (3), step LF to L (6), step RF in front of LF (4)
5-6 Step LF to L, recover weight back on RF
7&8 Turn 1/4L & step LF back, turn 1/4L & step RF to RF, step LF diag L fwd 09:00

*RESTARTS: In Wall 2 - after 16 counts (S2), and in Wall 5 - after 16 counts (S2)

ENDING: In Wall 8 (start towards 03:00 Wall), dance the first 14 counts then add 1 count -

1 Keep weight on LF & make a 1/2L sweep-turn sweeping RF around. End towards 12:00 Wall with RF pointing to R.

RF = Right Foot
R = Right

Have fun & Enjoy :-)