

The Letter Dance

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Linda LeClaire (USA) - October 2023
音樂: Sweet Sensations - The Melodians
或: Ghostbusters - Ray Parker Jr.



Letter 'L', Grapevine Right

1 – 4 Point Right toe forward, touch back to center, point Right toe to side, touch back to center
5 - 8 Step Right to side, step Left behind Right, Step Right to side, touch Left next to Right

Backward Letter 'L', Grapevine Left

1 – 4 Point Left toe forward, touch back to center, point Left toe to side, touch back to center
5 – 8 Step Left to side, step Right behind Left, step Left to side, touch Right next to Left

K Step (Think of the letter 'K')

1 – 2 Step right forward (on diagonal), touch left toe next to right foot
3 – 4 Step left back (to center), touch right toe next to left foot
5 – 6 Step right foot back (on diagonal), touch left toe next to right foot
7 – 8 Step left forward (to center), touch right toe next to left foot

V Step (Think of the letter 'V'), Two paddle turns (total ¼ turn)

1 – 2 Step forward right (on diagonal), Step forward left (on diagonal)
3 – 4 Step back (to center) on right, Step back (to center) on left
5 – 6 Step right to right, swivel on left foot 1/8 turn
7 – 8 Step right to right, swivel on left foot 1/8 turn

Try this easy dance to almost any 4/4 beat music.

I chose the song Sweet Sensations, because it's very easy for beginner dancers to hear the beat above the lyrics.

Also fun to do to Ghostbusters for Halloween season.

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