

The List

拍數: 32 牆數: 2 級數: Improver
編舞者: Sigg Gudenus (DE) - October 2023
音樂: The List - Tanya Tucker



Note: The dance starts after 16 counts on the word „time“.

S1. Section: Heel-touch-point-flick-long side step-stomp up r./l.

- 1& tap right heel forward, tap RF next to LF
- 2& tap right toe to the right, bend right leg behind left leg
- 3-4 RF big step to the right, stomp LF next to RF (weight stays on RF)
- 5& tap left heel forward, tap LF next to RF
- 6& tap left toe to the left, bend left leg behind right leg
- 7-8 LF big step to the left, stomp RF next to LF (weight stays on LF)

S2. Section: Diagonally step forward- back rock across r./l., side, close, chassé

- 1-2& RF diagonally step forward to the right, cross LF behind RF, slightly raise RF and weight back onto RF
- 3-4& LF diagonally step forward to the left, cross RF behind LF, slightly raise LF and weight back onto LF
- 5-6 RF step to the right, LF next to RF
- 7&8 RF step to the right, LF next to RF and RF step to the right

S3. Section: Cross rock, ¼ turn l. step, step lock step, ½ turn r. toe strut back, ¼ turn r. toe strut side, cross rock, side,

- 1&2 cross LF in front of RF, slightly raise RF and weight back onto RF ¼ turn to the left LF step forward (9:00)
- 3&4 RF step forward, cross LF behind RF and RF step forward
- 5& ½ turn to the right tap left toe back and put left heel down there (3:00)
- 6& ¼ turn to the right tap right toe to the right and put RF down there (6:00)
- 7&8 cross LF in front of RF, slightly raise RF and weight back onto RF, LF step to the left

S4. Section: Jazz box with toe struts, heel - close r./l., back rock, stomp up

- 1& tap right toe in front of LF, put RF down there
- 2& tap left toe back, put LF down there
- 3& tap right toe to the right, put RF down there
- 4& tap left toe forward, put LF down there

Restart: At the 4th wall stop here and start the dance from the beginning.

- 5& tap right heel forward, RF next to LF
- 6& tap left heel forward, LF next to RF
- 7&8 RF step back, slightly raise LF and weight back onto LF and stomp RF next to LF (weight stays on LR) (7& jumping)

Tag: Dance the tag after the 2nd wall (12:00) and the 5th wall (6:00)

Heel, touch, point, flick, stomp r./l.

- 1& tap right heel forward, tap RF next to LF
- 2& tap right toe to the right, bend right leg behind left leg
- 3-4 stomp RF next to LF, stomp LF next to RF

Dance, have fun and smile!