

99 Pounds

拍數: 32 牆數: 4 級數: Improver / Low Intermediate
編舞者: Helaine Norman (USA) - December 2023
音樂: 99 Pounds (2023 Mix) - The Black Crowes
或: 99 Pounds - Ann Peebles
或: 99 Pounds - Don Bryant



Intro: 64 counts (word "twenty-five")

Tag: 1 32-count

I. SIDE, TOUCH X2; BUNNY HOP, HOLD X2

1-2 Step R side (with optional hip sway), touch L together

3-4 Step L side (with optional hip sway), touch R together

&5-6 Hop R back, step L beside R, hold

&7-8 Hop R back, step L beside R, hold

Optional #1: &5-8: HOP BACK, TOUCH TOGETHER X 4

&5 Hop R back, touch L beside R

&6 Hop L back, touch R beside L

&7 Hop R back, touch L beside R

&8 Hop L back, touch R beside L

or

Optional #2: &5-8: HOP BACK, TOUCH TOGETHER, HOLD X2

&5-6 Hop R back, touch L beside R, hold

&7-8 Hop L back, touch R beside L, hold

Suggestion: Mix it up. Do the first way described, or choose one option for Section I, then another for Section II (which is a repeat of section I).

II. REPEAT SECTION I

III. SIDE ROCK, RECOVER ¼ L-TURN, TRIPLE ½ I-TURN; BACK X3, TOUCH (OR HITCH)

1-2 Rock R side, weight to L forward making ¼ turn left (9:00)

3&4 Step R side making ¼ turn L (6:00), step L beside R, step back on R making ¼ turn left (3:00)

5-8 Walk back L R L, hitch R

Optional for count 8: Touch R beside L

IV. PIVOT ½ L-TURN, FORWARD, SIDE-TOUCH; BEHIND, SIDE-TOUCH, TOUCH-TOGETHER, HITCH

1-2 Step R forward making pivot ½ turn left, weight to L

3-4 Step R forward, touch L side

5-6 Step L behind, touch R side

7-8 Touch R beside L, hitch R

Optional for count 8: Touch beside L

REPEAT

TAG (32 counts): End of wall 3 facing 3:00. Wall 3 starts at 6:00

1-16 Section I & II

1-8 Paddle 8 counts making ½ turn right (from 3:00 to 9:00) ending with L step beside R.

1-4 Ramble to right side: Twist heels right, toes right, heels right, hold with optional clap, weight ends on R

5-8 Ramble to left side: Twist heels left, toes left, heels left, hold with optional clap, weight ends on L. Restart dance at 9:00.

ENDING: Facing 3:00: Finish counts 7-8 of Section IV. with touch R side, and pivot on L making $\frac{1}{4}$ turn left to 12:00 with R hitch (or touch R beside L).

Helaine43@gmail.com
