

Daddy Lessons

拍數: 0 牆數: 2 級數: Phrased Advanced
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音樂: Daddy Lessons (feat. The Chicks) - Beyoncé



Intro: 32 counts

Sequence: Tag 1- Tag 2(a) - A-A- B(a+b) - C- C -Tag 3 - C -Tag 2(a)- A-A- B(b)- C- C - Tag 3- C - Tag 3-Tag 1- Tag 2 (a+b)- A (first 12 counts + restart) - C-C (restart)-C-C+ End (optional)

Restarts:

*After 1-12 counts of part A:

[13-16] turns

- 5 1/4 turn to the right RF (arriving at 9h) and stomp forward RF
- 6 weight on RF, 1/2 turn to the right LF (arriving at 3h) and stomp to the side LF
- 7 weight on LF, 1/2 turn to the right LF (arriving at 9h) and stomp forward RF
- 8 1/4 turn to the right and facing 12h stomp left side LF

[17-20] stomp, body roll

- 1 stomp right side RF
- &2& body roll from right to left side
- 3 hip bump to the left
- & hip bump to the right
- 4 hip bump to the left

*After 1-4 counts of part C:

[5-8] stomps, hip movement

- & put weight on LF + hook back RF
- 5 stomp side RF
- & stomp side LF
- 6 stomp side RF
- 7&8 hip movement

For the End (optional): After 1-8 counts of part C:

[9-16] foot work

- & hook back RF + body back at facing 12h
- 1 1/4 turn to the left (arriving at 9h) + step side RF
- & hook back RF
- 2 1/4 turn to the left (arriving at 6h) with weight on LF + step side RF
- & hook back RF
- 3 slide right RF
- 4-5-6 stay still
- 7 step forward LF
- 8 step forward RF

[17-24] turns

- &1 LF cross over RF
- 2-3-4 full turn to the right arriving at 6h
- 5-6-7 sweep forward LF while turning 1/4 turn to the right (arriving at 9h)
- &8 LF close to RF- stay still and touch hat or optional movement

TAG 1

[1-8] slide forward RF, heel strut LF, slide forward LF, heel strut RF

- 1 diagonally step forward to the right RF - put weight on RF

2-3 slide LF close to RF
& keeping LF toe down, move LF to the left + hip movement optional
4 LF back close to RF
5 diagonally step forward to the left LF - put weight on LF
6-7 slide RF close to LF
& keeping RF toe down, move RF to the right + hip movement optional
8 RF back close to LF

[9-16] jazz box, step turn x2

& scuff RF
1 weight on RF turning 1/4 to the right (arriving at 3h)
& step back LF
2 while turning 1/4 to the right(arriving at 6h), step forward RF
3 step forward LF
& weight on RF + half turn to the right (arriving at 12h)
4 step forward LF
& scuff RF
5 weight on RF turning 1/4 to the right (arriving at 3h)
& step back LF
6 while turning 1/4 to the right(arriving at 6h), step forward RF
7 step forward LF
& weight on RF + half turn to the right (arriving at 12h)
8 step forward LF

[17-24] slide back RF, heel strut LF, slide back LF, heel strut RF

1 diagonally step back to the right RF - put weight on RF
2-3 slide LF close to RF
& keeping LF toe down, move LF to the left + hip movement optional
4 LF back close to RF
5 diagonally step back to the left LF - put weight on LF
6-7 slide RF close to LF
& keeping RF toe down, move RF to the right + hip movement optional
8 RF back close to LF

[25-32] jazz box, step turn x2

& scuff RF
1 weight on RF turning 1/4 to the right (arriving at 3h)
& step back LF
2 while turning 1/4 to the right(arriving at 6h), step forward RF
3 step forward LF
& weight on RF + half turn to the right (arriving at 12h)
4 step forward LF
& scuff RF
5 weight on RF turning 1/4 to the right (arriving at 3h)
& step back LF
6 while turning 1/4 to the right(arriving at 6h), step forward RF
7 step forward LF
& weight on RF + half turn to the right (arriving at 12h)
8 step forward LF

[33-40] (same as first 1-8 counts of Tag 1)

[41-48] (same as first 9-16 counts of Tag 1)

TAG 2

a)

[1-8] foot work

- 1 point RF facing in (10:30h)
- & touch heel RF facing 1:30 h
- 2 kick RF
- & RF cross over FL
- 3 LF step back keeping diagonal
- & RF step close to LF
- 4 LF step cross over RF
- 5 point RF facing in (10:30h)
- & touch heel RF facing 1:30 h
- 6 kick RF
- & RF cross over FL
- 7 LF step back keeping diagonal
- & RF step close to LF
- 8 LF step cross over RF

[9-16] foot work

- 1 weight on LF- step heel LF to the right + point RF facing same direction
- 2 weight on LF - step toe LF to the right + touch heel RF facing same direction
- 3 weight on LF- step heel LF to the right + point RF facing same direction
- & weight on LF - step toe LF to the right + touch heel RF facing same direction
- 4 weight on LF- step heel LF to the right + point RF facing same direction
- 5 weight on LF - step toe LF to the right + touch heel RF facing same direction
- 6 weight on LF- step heel LF to the right + point RF facing same direction
- 7 keeping weight on LF, step toe LF to the right (arriving at 12h)+touch heel RF facing 12h
- & point touch RF
- 8 heel touch RF

b) - N.B. different directions than Tag2 part a because part b of this tag is done during the second wall

[1-8] foot work

- 1 point LF facing in (7:30h)
- & touch heel LF facing 4:30 h
- 2 kick LF
- & LF cross over RL
- 3 RF step back keeping diagonal
- & LF step close to RF
- 4 RF step cross over LF
- 5 point LF facing in (7:30h)
- & touch heel RF facing 4:30 h
- 6 kick LF
- & LF cross over RF
- 7 RF step back keeping diagonal
- & LF step close to RF
- 8 RF step cross over LF

[9-16] foot work

- 1 weight on RF- step heel RF to the left+ point LF facing same direction
- 2 weight on RF - step toe RF to the left+ touch heel LF facing same direction
- 3 weight on RF- step heel RF to the left + point LF facing same direction
- & weight on RF - step toe RF to the left + touch heel LF facing same direction
- 4 weight on RF- step heel RF to the left + point LF facing same direction
- 5 weight on RF - step toe RF to the left + touch heel LF facing same direction

6 weight on RF- step heel RF to the left + point LF facing same direction
7 keeping weight on RF, step toe RF to the left (arriving at 6h)+touch heel LF facing 6h
& point touch LF
8 heel touch LF

TAG 3: 16c

[1-8] grapevine, foot work, grapevine, foot work

1 step to the right RF
& LF step cross behind RF
2 step to the right RF
& LF touch close to RF
3 point to the side LF
& touch forward LF
4 point to the side LF
& touch back LF
5 step to the left RF
& RF step cross behind LF
6 step to the left LF
& RF touch close to LF
7 point to the side RF
& touch forward RF
8 point to the side RF
& touch back RF/ brush RF

[9-16] steps back, turns

1 RF toe touch while stepping back
& weight on RF
2 LF toe touch while stepping back
& weight on LF
3 RF toe touch while stepping back
& weight on RF
4 LF toe touch while stepping back
& weight on LF
5 scuff forward RF
& weight on RF, scuff forward LF
6 weight on LF+ 1/2 turn to the right (arriving at 6h)
7 1/2 turn to the right (arriving at 12h) + then weight on RF
8 stomp forward LF

PART A

[1-8] foot work, hook, lock step, turn

& brush back RF
1 step forward to the right side RF
2 step side to the left LF
3 RF cross over LF
& step side to the left LF
4 kick forward RF
& without touching ground, hook back RF
5 step back RF
& LF cross over RF
6 step back RF
7 keep weight on RF+ half turn LF counterclockwise (arriving at 6h)- put weight on LF
& RF close to LF+ put weight on RF
8 half turn LF counterclockwise (arriving at 12h)- put weight on LF

[9-16] mambo step, rock step, turn

- 1 step forward RF, put weight on RF
- & recover weight LF
- 2 step back RF
- 3 step back LF, put weight on LF
- & recover weight RF
- 4 step forward LF
- 5 step to the side RF
- & recover weight on LF while 1/4 turning to the left (arriving at 9h)
- 6 step forward RF
- 7-8 LF close to RF and 3/4 turn clockwise (arriving at 6h)

PART B

a)

[1-8] steps forward, shuffle back, foot work

- 1 RF step forward to the right RF
- 2 step side to the left LF
- & RF close to LF
- 3 RF step back keeping foot on 1:30h diagonal
- & LF close to RF
- 4 RF step back keeping foot on 1:30h diagonal
- 5 face 12h and step to the side LF
- & RF close to LF
- 6 step right side RF
- & LF close to RF + weight on RF
- 7 1/4 turn to the left (facing 9h) + step forward LF
- & RF close to LF
- 8 step forward LF + put weight on LF

[9-16] rock steps, step turn, spin

- 1 step forward RF, put weight on RF
- & recover weight LF
- 2 1/2 turn to the right (arriving at 3h) + step forward RF
- 3 step forward LF, put weight on LF
- & recover weight RF
- 4 1/4 turn to the left (arriving at 12h) and step forward LF
- 5 step forward RF + put weight on RF
- & 1/2 turn to the left (arriving at 6h) putting then weight on LF
- 6 step forward RF
- 7 LF step forward while turning 1/2 to the right (arriving at 12h)
- & RF step forward while turning 1/2 to the right (arriving at 6h)
- 8 LF step forward

b) 16c

[1-8] (same as first 1-8 counts of part Ba, but starting at 6h)

[9-16] rock steps, step turn, spin

- 1 step forward RF, put weight on RF
- & recover weight LF
- 2 1/2 turn to the right (arriving at 9h) + step forward RF
- 3 step forward LF, put weight on LF
- & recover weight RF
- 4 1/4 turn to the left (arriving at 6h) and step forward LF
- 5 step forward RF + put weight on RF

& 1/2 turn to the left (arriving at 12h) putting then weight on LF
6 step forward RF, 3/4 turn to the left (arriving at 9h) and then put weight on it
& keep weight on RF, 3/4 turn to the left (arriving at 12h)
7 step side LF
8 keep position

PART C: 16c

[1-8] foot work

& hook back RF
1 kick forward facing 1.30h with RF
& weight on RF + hook back LF
2 LF cross back + kick facing 1.30h with RF
& weight on RF + Kick facing 1:30h LF
3 weight on LF + hook back RF
& little jump keeping position + put weight again on LF
4 a lways facing 1:30h, step cross back RF + kick forward LF
& put weight on LF + hook back RF
5 step side RF (facing 1:30h)
& weight on LF + hook back RF
6 kick forward (facing 12h) RF
& hook back RF
7 back to diagonal position (facing 1:30h), step side RF
& hook RF
8 (facing 1:30h), step side RF

[9-16] foot work

& hook back RF + body back at facing 12h
1 1/4 turn to the left (arriving at 9h) + step side RF
& hook back RF
2 1/4 turn to the left (arriving at 6h) with weight on LF + step side RF
& hook back RF
3 step back RF + kick forward LF
& weight on LF + no weight on RF
4 weight back on RF+ kick RF
& weight on LF+ hook back RF
5 1/4 turn to the left (arriving at 3h) + step side RF
& hook back RF
6 1/4 turn to the left (arriving at 12h) with weight on LF + step side RF
& hook back RF
7 step back RF + kick forward LF
& weight on LF + no weight on RF
8 weight back on RF+ kick LF
& weight back on LF
