

Black Betty

拍數: 48 牆數: 4 級數: Improver
編舞者: Maria Nix (DE) - January 2024
音樂: Black Betty - Tom Jones



S1: R-/L-walk, kick ball step, R- step, ½ pivot to 6 o'clock, R-kick ball step

1-2 RF step forward (1), LF step forward (2)
3&4 RF kick forward (3), close next to LF (&), LF step on place, weight on LF (4)
5-6 RF step forward (5), ½ turn left facing 6 o'clock (6)
7&8 RF kick forward (7), close next to LF (&), LF step on place, weight on LF (8)

S2: R/L- cross side behind and heel

1-2 cross RF over LF (1), LF step left (2)
3&4 cross RF behind LF (3), LF step left (&), RF place the heel slightly diagonally to the right (4)
5-6 cross LF over RF (5), RF step right (6)
7&8 cross LF behind RF (7), RF step right (&), LF place the heel slightly diagonally to the left (8)

S3: R-cross shuffle, L-side rock, behind side cross, hip bumps

1&2 cross RF over LF (1), LF step left slightly behind RF (&), cross RF over LF (2)
3-4 LF step left (3), RF lift slightly and put weight back on RF (4)
5&6 cross LF behind RF (5), RF step right (&), cross LF over RF (6)
7&8 RF step right (7) and swing your hips R (7), L (&), R (8)

S4: R/L-skate skate, diagonal shuffle

1-2 RF slide diagonally forward to the right (1), LF slide diagonally forward to the left (2)
3&4 RF diagonal step forward (3), close LF behind RF (&), RF diagonal step forward (4)
5-6 LF slide diagonally forward to the left (5), RF slide diagonally forward to the right (6)
7&8 LF diagonal step forward (7), close RF behind LF (&), LF diagonal step forward (8)

S5 R/L step lock back, R-monterey ¼ turn facing 3 o'clock

1&2 cross RF behind LF (1), cross LF over RF (&), RF step back behind LF (2)
3&4 cross LF behind RF (3), cross RF over LF (&), LF step back behind RF (4)
5-6 place ball of RF to the right (5), LF remains on place, close RF next to LF with ¼ turn to the right facing 3 o'clock
7-8 place ball of LF to the left (7), close LF next to RF (8)

S6 R/L-vaudeville, R/L out stomp out stomp, toe in, heel in, toe in

1&2 cross RF over LF (1), LF step left (&), RF place the heel slightly diagonally to the right (2)
3&4 cross LF over RF (3), LF step right (&), LF place the heel slightly diagonally to the left (4)
5-6 RF forwards, slightly to the right (5), LF step forward slightly to the left (6)
7&8 RF and LF turn toes inwards (7) turn heels inwards (&), turn toes inwards (8)

Alternative option to S6 - 8 counts apple jacks

No tags, no re-starts