

Needles and Pins

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Heather Jayne Endall (AUS) - January 2024
音樂: Needles & Pins - THE SOULBOYZ



Clockwise Rotation
No Restarts No Tags

Intro: Starts on the word "TODAY" approx. 15 seconds from the start of the music, 32 counts.

SECTION 1: R,L FWD DIAGONAL, SHUFFLE, L ¼ BACK, R ¾ SPIN, TAP R

- 1-2 R fwd wide to R diagonal, L fwd wide to L diagonal
3&4 R step back, L beside R (&), R step back
5-6 L step back as you turn ¼ over L shoulder with L foot and body facing [9:00] (5), transfer weight to R prep for spin (6)
7-8 R spin on ball of foot ¾ over R shoulder L lands behind (7), tap R in front (8) [6:00]

SECTION 2: KNEE POP X 2, ROCK BACK, RECOVER, R,L FWD, SHUFFLE

- &1&2 R step back slightly (&), touch L toe in front popping knee (1), L step back slightly (&), touch R toe in front popping knee (2)
3-4 R step back, recover on L
5-6 R walk fwd, L walk fwd
7&8 R fwd, L beside R (&), R fwd

SECTION 3: ROCK FWD, RECOVER, SHUFFLE ½ , R FWD, TAP L, L BEHIND, LOW KICK

- 1-2 L step fwd, recover on R
3&4 L step back ¼ turn over L shoulder, R beside L (&) [3:00], L ¼ turn over L shoulder [12:00]
5-6 R step fwd, tap L beside R
7-8 L step slightly back, R low kick (weight in on your L)

SECTION 4: TOE STRUTS X 2, HIP BUMPS R, L X 2

- 1-2 R toe, step on R turning 1/8th
3-4 L toe, step on L turning 1/8th (now facing 3:00)
5-6 Transfer weight to R slightly twist heels with Hip bumps R x 2
7-8 Transfer weight to L slightly twist heels with Hip bumps L x 2

LAST WALL 10: YOU WILL BE FACING [6:00] REPLACE HIP BUMPS WITH TWO ¼ PADDLE TURNS OVER L TO FACE [12:00]

I hope that you enjoy this dance.... Please feel free to contact me on the below with any comments or if you see any errors in this sheet. Thank you and happy dancing

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