

Moderation, Please!

拍數: 48 牆數: 2 級數: Phrased Improver
編舞者: Aurora de Jong (USA) - February 2024
音樂: La La La - Addie Hamilton



Easy sequence: A-B-A-B-A(16)-B-A-B - pause - B-A-B-B

Dance starts after 32 count of steady beat (24 second mark)

Part A (32 counts):

L forward R touch, full triple turn right in place (RLR), L rock forward/recover, ½ left sailor

- 1-2 Step L forward (1), touch R toe to L heel, angling body slightly right (2)
3&4 Step R forward turning ½ right (3), step L forward turning ¼ right (&), step R forward turning ¼ right (4) (12:00)
5-6 Rock L forward (5), recover to R (6)
7&8 ¼ Turn L crossing L behind R (3), ¼ Turn L stepping R beside L (&), Step fwd L (4) 6:00

*** To modify steps 1-8 to make them easier, do a R coaster step for counts 3&4, and a regular forward shuffle, turning ½ left for counts 7&8**

Walk forward RL, syncopated V-step on heels, sway RL, chasse right (RLR)

- 1-2 With attitude! Step R forward (1), step L forward (2)
3& Step out and forward on R heel (3), step out and forward on L heel (&)
4& Step R back in place (4), step L back in place (&)
5-6 Step R to right, swaying R (5), sway back to L (6)
7&8 Side chasse: Step R to right (7), step L to R (&), step R to right (8)

***Restart to Part B here, during the 3rd time you do Part A (you'll be facing 6:00 when you start Part B)**

Hip dip to left, point R to right, R kick-ball-cross, R side rock/recover, behind-side-forward ¼ turn left

- 1-2 Step L to left, dipping hips right to left (1), point R to right (2)
3&4 Kick R to right diagonal (3), step ball of R to L (&), step L across R (4)
5-6 Rock R to right (5), recover to L (6)
7&8 Step R behind L (7), step L forward turning ¼ left (&), step R forward (8) (3:00)

L forward rock reaching arms up/1/4 right recover bringing arms back down, behind-side-forward ¼ turn right, walk RL shuffle RLR in ¾ right arc

- 1-2 Rock L forward, reaching arms up (1), recover to R, turning ¼ right and bringing arms back down (2) (6:00)
3&4 Step L behind R (3), step R forward turning ¼ right (&), step L forward (4) (9:00)
5-6 Begin ¾ walkaround: Step R forward turning ⅛ right 10:30 (5), step L forward turning ⅛ right to 12:00 (6)
7&8 Continue walkaround with a shuffle: step R forward turning 1/4 right to 3:00 (7), step L to R (&), step R forward turning ¼ right to 6:00 (8)

Part B (16 counts):

L cross rock/recover, L chasse, R and L syncopated cross rocks

- 1-2 Rock L across R (1), recover to R (2)
3&4 Side chasse: step L to left (3), step R to L (&), step L to left (4)
5 Rock R across L (5)
6& Recover to L (6) step R next to L (&)
7-8 Rock L across R (7), recover to R (8)

L side step, modified R jazz box, step pivot ½ right (2x)

- 1 Step L to left

2-3-4 modified jazz box: Step R across L (2), step L back (3), step R to right (4)
5-6 Step L forward (5), pivot $\frac{1}{2}$ right, putting weight to R (6)
7-8 Step L forward (7), pivot $\frac{1}{2}$ right, putting weight to R (8)
***you can do a rocking chair on counts 5-8 to make it easier**

To end the dance at 12:00 simply omit count 16 of Part B and stay facing 12:00!

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