

Legs (Keep Dancing)

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2024
音樂: Legs (Keep Dancing) - Vanessa Williams



Start after 16 count intro

[1-8] R fwd rock/recover, R/L apart, sway L/R/L, R sailor, touch L together

1-2& Rock R forward, recover weight on L, step R back
3-5 Step L apart swaying hips left, sway hips right, sway hips left with weight ending on L
6&7-8 Cross step R behind L, step L side, step R side, touch L together

[9-16] ¼ L, ½ L, L coaster step, R fwd cross, L side point, L samba step

1-2 Turning ¼ left step L forward, turning ½ left step R back (3 o'clock)
3&4 Step L back, step R together, step L forward
5-6 Cross step R forward, point L side
7&8 Cross step L over R, rock R side, recover weight on L

[17-24] R fwd rock/recover, R ball step back, R back, L back rock/recover, L kick ball step

1-2 Rock R forward, recover weight on L
&3-4 Step R back, step L back, step R back
5-6 Rock L back, recover weight on R
7&8 Kick L forward, step L back, step R forward

[25-32] L fwd, ¼ L, R scissor cross, L side, cross R behind, ¼ L, L fwd, R fwd, L fwd rock/recover

1-2&3 Step L forward, ¼ left, step R to right side, step L next to R, cross step R over L
4-5&6 Step L side, cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)
7-8 Rock L forward, recover weight on R

[33-40] ¼ L, L side, R jazz box R/L fwd syncopated rock steps

&1-4 Turning ¼ left step L side, cross step R over L, step L back, step R side, step L forward (6 o'clock)

WALL 5 RESTART: Dance 36 counts and restart the dance facing front wall

5-6& Rock R forward, recover weight on L, step R back
7-8& Rock L forward, recover weight on R, step L back

[41-48] R fwd, ¼ L pivot turn, R cross step, ½ R hinge, L cross step, ¼ L & R back, ½ L & L fwd

1-2 Step R forward, pivot ¼ left (3 o'clock)
3-4 Cross step R over L, turning ¼ right step L back (6 o'clock)
5-6 Turning ¼ right step R side, cross step L over R (9 o'clock)
7-8 Turning ¼ left step R back (6 o'clock), turning ½ left step L forward (12 o'clock)

WALL 2 RESTART: Dance 48 counts and restart the dance facing back wall

[49-56] R fwd, touch L tog, L back, R heel fwd, R back, L rock fwd/recover, run back L/R/L, R side point (first step of Monterey turn)

1-2& Step R forward, touch L together, step L back
3& Touch R heel forward, step R back
4-5 Rock L forward, recover weight on R
6&7 Step L back, step R back, step L back
8 Point R side

[57-64] ¼ R, R together, point L side, step L together, point R side, ¼ R, point L side, hold, L fwd rock/recover, L coaster step

&1&2 Turning $\frac{1}{4}$ right step R together, point L side, step L together, point R side (3 o'clock)
&3-4 Turning $\frac{1}{4}$ right step R together, point L side, hold (6 o'clock)
5-6 Rock L forward, recover weight on R
7&8 Step L back, step R together, step L forward

ENDING: Dance first 3 counts, cross R over L unwind $\frac{1}{2}$ L to face front

Last Update - 28 Apr 2024
