

Legs

拍數: 64 牆數: 2 級數: Phrased Intermediate/Advanced
編舞者: Asbare Bare (INA) & Lilian Lo (HK) - May 2024
音樂: Legs (Keep Dancing) - Vanessa Williams



Intro: 16 counts. Starts at 0:08 mins.

A-32 B-32 Tag-4

Sequence: A B A A(16) A B A A A Tag A A

Part A

A1 Toe strut x 6

1& Tap R toe forward (1), Close R next to L (&)
2& Tap L toe forward (2), Close L next to R (&)
3-4& Tap R toe forward (3), Hold (4), Close R next to L (&)
5& Tap L toe forward (5), Close L next to R (&)
6& Tap R toe forward (6), Close R next to L (&)
7-8 Tap L toe forward (7), Hold (8)

A2 Side, Behind, Side, Check, Back, Sweep, Back, Sweep, Coaster step

1-2 Step L to side (1), Cross R behind L (2)
3-4 Step L to side (3), Cross check R over L (4)
5-6 Step L back, sweep R back (5), Step R back, sweep L back (6)
7&8 Step L back (7), Close R next to L (&), Step L forward (8)

Restart happens here after count 16

A3 Dorothy step x 2, Forward rock, Pony step,

1-2& Step R to R diagonal forward (1), Cross L behind R (2), R take small step to R diagonal forward (&)
3-4 R Step L to L diagonal forward (3), Cross R behind L (4), L take small step to L diagonal forward (&)
5-6 Rock R forward (5), Replace on L (6)
7&8& Step R back, lift L knee (7), Close L to R (&), Step R back, lift L knee (8) Close L next to R (&)

A4 Side Tap x 3, Close, Cross, Unwind 1/2

1-2& Tap R to side (1), Hold (2), Close R next to L (&)
3&4& Tap L to side (3), Close L next to R (&), Tap R to side (4), Close R next to L (&)
5-6-7-8 Cross L over R (5), Hold (6), Unwind 1/2 turn R @6:00 (7,8)

Part B

B1 Side rock, Replace, Cross behind, side, Cross, Sweep, Cross, Side, Behind, 1/4 R, Forward

1-2 Rock R to side (1), Replace on L (2)
3&4 Cross R behind L (3), Step L to side (&), Cross R over L, Sweep L (4)
5-6 Cross L over R (5), Step R to side (6)
7-8 Cross L behind R (7), Turn 1/4 R @3:00, step R forward (8)

B2 1/4 R, Side, Side, Cross behind, Unwind 1/2 L

1-2-3 4& 1/4 R @6:00, step L to side, brings arms up, lower both arms in half circle (2,3,4), Step R to side (&)
5 Cross L behind R, open arms to both sides (5)
6-7-8 Unwind 1/2 turn L@12:00 (6,7,8)

B3 Out-out, In-in, Chase turn, shuffle forward

- 1-2 Step R to R diagonal forward (1), Step L to side (2)
- 3-4 Step R back to center (3), Close L next to R (4)
- 5-6 Step R forward (5), Turn 1/2 L @6:00, change weight to L (6)
- 7&8 Step R forward (7), Cross L behind R (&), Step R forward (8)

B4 Cross, Tap, Cross, Tap, Cross, Sweep, Cross, Sweep, Tap, Close

- 1-2 Cross L over R (1), Tap R to side (2)
- 3-4 Cross R over L (3), Tap L to side (4)
- 5-6 Cross L over R, sweep R (5), Cross R over L, sweep L (6)
- 7-8& Tap L forward (7), Hold (8), Close L next to R (&)

Tag happens after 7th rotation of Part A

- 1-2-3-4 Tap R to side, put R hand on R leg (1), Hold (2) Draw R to L (3,4)

Restart happens after the 3rd rotation of Part A, Count 16
