

Grease EZ

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Anna (INA) - May 2024
音樂: You're the One That I Want (Glee Cast Version) - Glee Cast



Intro Music On Vocal after 16 counts.

SECTION I : SWITCHES CHARLESTON STEP - 1/8 TURN LEFT CHARLESTON STEP (2x)

1 - 4 Touch R toes forward - Step R back - Touch L toes back - Step L forward
5 - 6 Touch R toes forward - 1/8 Turn left Step R back (facing 10.30)
7 - 8 Touch L toes back - 1/8 Turn left Step L forward (facing 09.00)

SECTION II : SWITCHES SKATE (R-L) - FWD SHUFFLE DIAGONAL R - SWITCHES SKATE (L-R) - 1/4 TURN L FWD SHUFFLE DIAGONAL L -

1 - 2 Step R forward diagonal with up in pushing you body - Step L forward diagonal up in pushing your body
3 & 4 Step R forward diagonal slightly - Step L close - Step R forward diagonal slightly
5 - 6 Step L forward diagonal with up in pushing you body - Step R forward diagonal up in pushing you body
7 & 8 1/4 Turn L Step L forward (facing 06.00) - Step R close - Step L forward diagonal slightly

SECTION III : SYNCOPATED MAMBO CROSS (R-L)

1 & 2 & 3 & 4 Cross rock R over L - Recover on L - Step R to right side - Recover on L - Cross rock R over L - Recover on L - Step R to right side
5 & 6 & 7 & 8 Cross rock L over R - Recover on R - Step L to left side - Recover on R - Cross rock L over R - Recover on R - Step L to left side

SECTION IV : SYNCOPATED TWIST HEELS OUT WITH BEND KNEE - 1/4 TURN R JAZZ BOX

1 & 2 & Twist R heel out - Step R on to R - Twist L heel out - Step L on to L
3 & 4 & Twist R heel out - Step R on to R - Twist L heel out - Step L on to L
5 - 8 Cross R over L - 1/4 Turn R Step L back (facing 09.00) - Step R to right side - Step L forward.

NOTE :#

#1. For Syncopated Twist (Section IV) which you can do while making crossed arm movements. Starting from the right hand at the top and the left hand at the bottom alternately.

#2. TAG I (4 counts)

After On Wall 2 (facing 06.00) & After On Wall 5 (facing 03.00)

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I. V STEP

1 - 4 Step R forward diagonal - Step L forward diagonal - Step R back to center - Close L together

#3. TAG II (8 counts)

After On Wall 3 (facing 03.00)

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V STEP - ROCKING CHAIR

1 - 4 Step R forward diagonal - Step L forward diagonal - Step R back to center - Close L together
5 - 8 Rock R Forward - Recover on L - Step R back - Recover on L

Thank you so much ☐

Enjoy your dance ☐

For more information about StepSheets and Song, Please contact :

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Last Update - 23 May 2024 - R1
