4th of July

拍數: 34

級數: Beginner

編舞者: Louisa Alix (NZ) - June 2024

音樂: 4th of July - James Ray

#24 Count Intro'. Recorded Version only - 1 tag (2 beats - two knee bends / hips) Both Live & Recorded Versions - 1 restart (from kick ball change - count 33) on 6th wall after count 16. Section 1 - Tap, walk, turn, walk, stomp-stomp (clap-clap); walk, turn, walk, 1-2 Tap right toe [1], right step forward [2]. 3-4 Left step forward ¹/₂ turn to the right [3], right step forward[4]. 5-6 Step left forward and clap [&] and step right forward parallel and clap [5], left step forward [6]. Right step forward 1/2 turn to the left [7], left step forward [8]. 7-8 Section 2 – Stomp-stomp (clap-clap); walk, turn, walk, stomp-stomp (clap-clap); 3 hips 1-2 Step right forward and clap [&] and step left forward parallel and clap [1], right step forward [2]. 3-4 Left step forward $\frac{1}{2}$ turn to the right [3], right step forward[4]. Step left forward and clap [&] and step right forward parallel and clap [5], right knee bend / 5-6 left hip [6]. 7-8 Left knee bend / right hip [7], right knee bend / left hip [8]. Section 3 – (Point forward, point side, back shuffle) x2. 1-2 Right point forward [1], right point side [2]. 3-4 Backwards shuffle: Step right back [3], Cross left in front [&], step right back [4]. 5-6 Left point forward [5], left point side [6]. 7-8 Backwards shuffle: Step left back [7], Cross right in front [&], step left back [8]. Section 4 - Step-point, step-point, step-slap, step-slap; rock fwd-back, ¼ rock back-fwd; kick ball change 1-2 Step right [&] and point left [1], step left [&] and point right [2]. Step right [&], flick left behind and slap left heel with right hand [3], step right [&] and flick right 3-4 behind and slap right heel with left hand[4]. 5-6 Step right forward [5], rock back onto left [6]. 7-8 ¹/₄ turn to the left and step right back [7], rock forward onto left [8]. 9-10 Kick ball change: kick right forward [9], weight change onto ball of right foot next to left [&], and step onto left in place [10]

Stomp-stomp (clap-clap) on each chorus, for each verse Step-step (no claps) works nicely. (Live & Recorded Versions) Restart on 6th wall after count 16. Restart with the kick ball change from count 33 (Recorded version only) Tag on 5th wall after count 16. Two beats of knee bends / hips

Enjoy!

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牆數:4