

Wild Westie

拍數: 32 牆數: 4 級數: Improver - solo WCS
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - May 2024
音樂: Make You Happy - Charles Esten
或: Hey Cowboy - Devon Cole
或: HANDS UP (feat. pH-1) - Henry



Alt. Music: Hey Cowboy (Devon Cole) [91 bpm]; HANDS UP (feat. pH-1) (Henry) [101]; Any WCS suitable music

Note: No tags or restarts.

Starting Position: Weight on LF and RF touching next to LF

[1-8] SIDE, TOUCH, SIDE, TOUCH, SIDE, QUICK TOUCH, STEP 1/4 TURN L, 1/2 TURN TRIPLE L

1-4 Step RF to R (1), touch LF beside RF (2), step LF to L (3), touch RF beside LF (4)
5&6 Small step R on RF (5), touch LF beside RF (&), turn 1/4 L and small step forward on LF (6)
7&8 Triple 1/2 turn L (R-L-R) with a small step back on RF on count 8 (i.e. turning anchor step) (7&8)

Variation for 7&8: French Cross Step: Turn 1/4 L and step RF to R (7), cross LF over RF (&), turn 1/4 L and step back on RF (8).

[9-16] STEP BACK, 1/4 TURN R AND STEP FORWARD, SLOW BRUSH, STEP FORWARD AND RELEASE, SWEEP (RONDÉ) FORWARD TURNING 1/4 L, STEP BACK, ROCK-AND-GO

1-2 Step back on LF (1), 1/4 turn R and step forward on RF (2)
3-4 Drag toe of LF forward and brush RF without change in weight (3), step forward on LF and release RF starting a sweep forward (4)
5-6 Sweep RF forward (rondé) turning 1/4 L and end brushing RF slightly in front of LF (5), with continuous motion take small step back on RF (6)
7&8 Small rock back on LF maintaining body center over RF (7), recover on RF (&), step forward on LF (8) (can call out as "rock-and-go")

[17-24] WALK FORWARD R-L, SOLO SUGAR PUSH (R-L-R), PIVOT 1/2 L AND STEP FORWARD ON LF, PIVOT 1/2 L AND STEP BACK ON RF, ROCK-AND-GO

1-2 Walk forward on RF (1), walk forward on LF (2)
3&4 Angle body R and rock RF behind LF (3), replace weight on LF (&), small step back on RF (4) (can call out as "sugar push")
5-6 Pivot 1/2 L on ball of RF and step forward on LF (5), pivot 1/2 L on ball of LF and step back on RF (6)

A no-turn option: Walk back L-R on 5-6

7&8 Small rock back on LF maintaining body center over RF (7), recover on RF (&), step forward on LF (8) (can call out as "rock-and-go")

[25-32] WALK FORWARD R-L, SIDE ROCK, STEP DIAGONAL FORWARD L, SQUARE UP AND STEP FORWARD, TURN 1/4 R AND BIG SIDE STEP, HITCH, STEP, TURN 1/4 L AND SMALL SIDE STEP, TOUCH

1-2 Walk forward on RF (1), walk forward on LF (2)
&3-4 Rock diagonal forward R on RF (&), step diagonal forward L on LF (3), square up (1/8 turn R) with wall and step forward on RF (4)
5-6 Turn 1/4 R on ball of RF and big step L on LF (RF should drag naturally toward LF) (5), hitch R knee (try to hit accent of music in a staccato action) (6)
7&8 Step RF beside LF or slightly back (7), turn 1/4 L and small step L on LF (&), touch RF beside LF (8)

START OVER

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