

Elvis Medley

拍數: 64 牆數: 4 級數: Beginner / Improver
編舞者: Melissa Lau (NZ) - June 2024
音樂: Elvis Medley - The Deans Brothers



Intro: 32 counts

HEEL STRUTS, SIDE MAMBO, HOLD

1, 2, 3, 4 Step R heel fwd, drop R toes, step L heel fwd, drop L toes (12:00)
5, 6, 7, 8 Rock R out to side, recover weight on L, step R next to L, hold

HEEL STRUTS, SIDE MAMBO, HOLD

1, 2, 3, 4 Step L heel fwd, drop L toes, step R heel fwd, drop R toes
5, 6, 7, 8 Rock L out to side, recover weight on R, step L next to R, hold

BACK-LOCK-BACK, HOLD, COASTER, HOLD

1, 2, 3, 4 Step R back, step L back crossed over R, step R back, hold
5, 6, 7, 8 Step L back, step R next to L, step L fwd, hold

½ LEFT CHASE TURN, HOLD, ½ RIGHT CHASE TURN, HOLD

1, 2, 3, 4 Step R fwd, pivot ½ turn left transferring weight onto L, step R fwd, hold (6:00)
5, 6, 7, 8 Step L fwd, pivot ½ turn right transferring weight onto R, step L fwd, hold (12:00)

(Option for Beginners: FWD MAMBO, HOLD, BACK MAMBO, HOLD)

1, 2, 3, 4 Rock R fwd, recover weight on L, step R next to L, hold
5, 6, 7, 8 Rock L back, recover weight on R, step L next to R, hold

WEAVE ¼, PIVOT ¼, CROSS, HOLD

1, 2, 3, 4 Cross R over L, step L to side, step R behind L, turn ¼ left stepping L fwd (9:00)
5, 6, 7, 8 Step R fwd, pivot ¼ turn left transferring weight to L, cross R over L, hold (6:00)

VINE-CROSS, SIDE ROCK-CROSS, HOLD

1, 2, 3, 4 Step L to side, step R behind L, step L to side, cross R over L
5, 6, 7, 8 Rock L to side, recover on R, cross L over R, hold

OUT, HOLD, OUT, HOLD (KNEE ROLLS), HIP BUMPS R-L-R-L (ELVIS KNEES)

1, 2, 3, 4 Step R diagonal fwd, hold, step L diagonal fwd, hold
(Option 'Knee Rolls': when stepping diagonal fwd, roll knee out slightly)
5, 6, 7, 8 Bump hips to right – left – right – left
(Option 'Elvis Knees': when doing hip bumps, turn opposite knee slightly inward, lifting heel slightly)

'TOE STRUT' JAZZ BOX ¼ RIGHT

1, 2, 3, 4 Cross R toe over L, drop R heel, turn 1/8 right touching L toe back, drop L heel
5, 6, 7, 8 Turn 1/8 right touching R toe to side, drop R heel, touch L fwd, drop L heel (9:00)

* ENDING: after 32 counts, step R fwd and pivot ½ left to face the front

Choreographed as an extension from my beginner dance 'Elvis Treat Me Nice'.