

Scooch

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gary Lafferty (UK) - August 2024
音樂: When My Baby - Scooch



32-count intro, 134 bpm – no tags & no restarts

LEFT ROCKING CHAIR; LEFT CHASE ½ TURN with HOLD

- 1-2 Rock forward on Left foot, recover weight onto Right foot
- 3-4 Rock back on Left foot, recover weight onto Right foot
- 5-6 Step forward on Left foot, pivot ½ turn to Right
- 7-8 Step forward on Left foot, hold

“OUT” TOE-STRUTS; HIP ROLL

- 1-2 Touch Right foot diagonally-forward Right, lower Right heel to floor
- 3-4 Touch Left foot diagonally-forward Left, lower Left heel to floor
- 5-8 Roll hips around anti-clockwise, ending with weight on Left foot (& touching Right beside Left for balance)

See notes for some styling options!

K-STEP

- 1-2 Step diagonally-forward Right on Right foot, touch Left foot beside Right
- 3-4 Step diagonally-back on Left foot, touch Right foot beside Left
- 5-6 Step diagonally-back Right on Right foot, touch Left foot beside Right
- 7-8 Step diagonally-forward on Left foot, touch Right foot beside Left

See notes for some styling options!

½ MONTEREY TURN; GRAPEVINE to RIGHT with ¼ TURN RIGHT and BRUSH

- 1-2 Point Right foot out to Right side, turn ½ Right stepping onto Right foot beside Left
- 3-4 Point Left foot out to Left side, step on Left foot beside Right
- 5-6 Step to Right on Right foot, cross-step Left foot behind Right
- 7-8 Turn ¼ Right stepping forward onto Right foot, brush Left foot forward

START AGAIN

This dance was inspired by the classic intermediate dance called “Prodissy” choreographed by Michelle Fowler & Sally Nugent which is still often danced (usually late at night!) at large weekend events. I’ve tried to make my dance flow in the same direction as much as possible & mimic some of the (optional!) hand movements as well so that it makes a great floor-split

OPTIONAL FOR SECTION 2

When you touch your Right foot forward, put your right hand in front of you, palm down, then do the same with your Left hand on counts 3-4

For counts 5-8 leave both your hands in front of you and then make a circle with your hands (as if polishing a tabletop) as you roll your hips around anti clockwise

OPTIONAL FOR SECTION 3

On count 2, touch the Left side of your head with your Left hand and the Right side with your Right hand
On count 4, touch your Left shoulder with your Right hand and Right shoulder with Left hand (arms are crossed)

On count 6, uncross your arms to touch your Left shoulder with your Left hand and Right shoulder with Right hand

On count 8, put both arms down with fingers at knee level and pointing to your feet

You may only want to do this during the chorus (when they sing “From my head down to my feet”)

