

That's a Fact

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Rex Allott (UK) - October 2024
音樂: Someday (feat. Mark Knopfler) - Eric Clapton
或: I Can't Stand Up for Falling Down - Elvis Costello & The Attractions



Intro - 16 beats

No tags or restarts - on final S4. omit 1/4 turn L from 7-8 to finish facing 12 o'clock

S1. Walk fwd with R & L side mambo

1-2. Walk fwd R, L
3&4. Step R to R, step L down, step R next to L
5-6. Walk fwd L, R
7&8. Step L to L, step R down, step L next to R

S2. Rock R back, fwd with L knee lift, rock R fwd, back with L heel lift

1-2. Take a big step back with R, rock back lifting L knee
3&4. Rock fwd on L, rock back on R, rock fwd on L
5-6. Step R fwd, rock fwd lifting L heel
7&8. Rock back on L, rock fwd on R, rock back on L

S3. Syncopated weave R, 1/2, behind side turn R

1-2. Step R to R, step L behind R,
&3-4. Step R to R, step L over R, step R to R
5-6. Step L back, turning 1/4 R, step R fwd
7-8. Step L fwd next to R, turning 1/4 R, step R fwd

S4. Syncopated weave L, 1/2, behind side turn L

1-2. Step L next to R, step R behind L
&3-4 Step L to L, step R over L, step L to L
5-6. Step R back, turning 1/4 L, step L fwd
7-8. Step R fwd next to L, turning 1/4 L, step L fwd

S5. R mambo cross, kick L out fwd R, step R, R shuffle back

1-2. Swing R over L, step L next to R
3&4. Kick R diagonally out R, step R down, cross L over R
5-6. Step R to R, step L next to R
7&8. Step R back, step L next to R, step R back

S6. Step L, R shuffle fwd, L mambo cross, kick R out fwd R

1-2. Step L to L, step R next to L
3&4. Step R fwd, step L next to R, step R fwd
5-6. Swing L over R, step R next to L
7&8. Kick L diagonally out L, step L down, cross R over L

S7. 3/4 turning weave R

1-2. Step L back, step R next to L
3-4. Turning 1/4 R, step L over R, step R next to L
5-6. Step L back, turning 1/4 R, step R fwd
7-8. Turning 1/4 R, swing L over R, step R next to L

S8. Step sweep fwd L, R, L coaster step

- 1 -2. Step R fwd, pause
- 3-4. Sweep L fwd, pause
- 5-6. Sweep R fwd, pause
- 7&8. Step L back, step R next to L, step L fwd

Alternative music (Alternative Facts) - I Can't Stand Up For Falling Down by Elvis Costello. Quicker footwork required □□□

One restart after 2nd S4. (9 o'clock)

Last Update: 19 Oct 2024
