Kiddin' Around

拍數: 32

級數: Intermediate

編舞者: Amanda Delisle (USA)

音樂: My Boyfriend's Back - Melissa Manchester

Amanda was age 10 when she choreographed this dance.

FRONT / HOME / SIDE / HOME

- 1 Weight on left foot, touch right toe or heel forward (preference is up to the dancer, says the choreographed by!)
- 2 Weight remaining on left, touch right toe next to left foot
- 3 Weight remaining on left, touch / point right toe out to right side
- 4 Step right foot next to left foot, weight on right foot

FRONT / HOME / SIDE / TOUCH

- 5 Weight remaining on right, touch left toe or heel forward
- 6 Weight remaining on right, touch left toe next to right foot
- 7 Weight remaining on right, touch / point left toe out to left side
- 8 Weight remaining on right, touch left toe next to right foot

SAILOR LEFT / SAILOR RIGHT

- 9 Begin left-right-left sailor step by crossing left foot behind right foot, weight on left foot
- & Quickly step right foot to right side, weight on it
- 10 Complete sailor step by stepping left foot next to right foot, weight on left foot
- 11 Begin right-left-right sailor step by crossing right foot behind left foot, weight on right foot
- & Quickly step left foot to left side, weight on it
- 12 Complete sailor step by stepping right foot next to left foot, weight on right foot

TRIPLE STEP / STEP, PIVOT

- 13 Begin left-right-left triple step forward by stepping left foot forward, weight on it
- & Quickly step right foot to left foot, weight on right foot
- 14 Complete triple step by stepping left foot forward, weight on it
- 15 Step right foot forward, weight on it
- 16 Pivot ¹/₂ left on balls of both feet, weight ending on left foot

TRIPLE STEP / TURN-CROSS / STEP

- 17 Begin right-left-right triple step forward by stepping right foot forward, weight on it
- & Quickly step left foot to right foot, weight on left foot
- 18 Complete triple step by stepping right foot forward, weight on it
- & Quickly pivot ¼ right on ball of right foot, beginning to cross left foot over right foot
- 19 Complete cross, weight ending on left foot
- 20 Step right foot slightly to right side, weight on right foot

SAILOR STEP / CROSS, SIDE / SAILOR STEP

- 21 Begin left-right-left sailor step by crossing left foot behind right foot, weight on left foot
- & Quickly step right foot to right side, weight on it
- 22 Complete sailor step by stepping left foot next to right foot, weight on left foot
- 23 Cross right foot over left foot, weight on right foot
- 24 Step left foot to left side, weight on it
- 25 Begin right-left-right sailor step by crossing right foot behind left foot, weight on right foot
- & Quickly step left foot to left side, weight on it





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牆數:4

26 Complete sailor step by stepping right foot next to left foot, weight on right foot

HEEL AND CROSS AND HEEL AND CROSS AND HEEL AND STOMP

- 27 Weight remaining on right, touch / tap left heel 45: left diagonally forward
- & Quickly step left foot next to right foot, weight on left foot, raising heel of right foot
- 28 Cross right foot over left foot, weight on right foot
- & Quickly step left foot next to right foot, weight on left foot
- 29 Weight remaining on left, touch / tap right heel 45: right diagonally forward
- & Quickly step right foot next to left foot, weight on right, raising heel of left foot
- 30 Quickly cross left foot over right foot, weight on left foot
- & Quickly step right foot next to left foot, weight on right foot
- 31 Weight remaining on right, touch / tap left heel 45: left diagonally forward
- & Quickly step left foot next to right foot, weight on left, raising heel of right foot
- 32 Weight remaining on left, "stomp-up" right foot next to left foot

REPEAT