Last Minute

拍數: 0

級數: Intermediate/Advanced

編舞者: Melanie Woitke (DE)

音樂: Can't Fight the Moonlight (Latino Mix) - LeAnn Rimes

Sequence: AB, X, AB, Y, AB, BBB

PART A

ROCK STEP, SHUFFLE WITH ¼ TURN, ROCK STEP, LOCK STEP

- 1-2 Right foot rock in front of left foot, replace weight on left foot
- 3&4 Turn ¼ turn to right side shuffle forward
- 5-6 Left foot rock forward, replace weight on right foot
- 7&8 Left lock step back

RONDE, LOCK STEP, ½ TURN, CLEOPATRA ARM MOVEMENTS

- 1-2 Right foot ronde with ½ turn to the right ending with the right toe pointed directly in front of left foot
- 3&4 Right lock step forward
- 5-6 Left foot step forward, ¹/₂ turn to the right, weight is on left foot
- 7&8 On ball of right foot, right heel in, out, in

Arm movements: both arms go up on left and right side over the shoulder, the flat from the hands looks up on 7 (right arm higher), on & (left arm higher), on 8 (right arm higher)

STEP, ROCK STEP, CROSS STEP, ROCK STEP, SAILOR STEP, CROSS ¾ TURN

- 1&2 Right foot step forward, left foot rock to the left, replace on right foot
- 3&4 Left foot step in front of right foot, right foot rock to the right, replace weight on left foot
- 5&6 Right foot step behind left foot, left foot step to the left, right foot forward with ¼ turn to the right
- 7-8 Left foot cross behind right foot, ³/₄ turn to the left

TOUCH, STEP, TOUCH, STEP, STEP ¼ TURN WITH SHOULDER MOVEMENTS, CROSS, SIDE, FORWARD

- 1-2 Right toe touch forward, right foot step forward
- 3-4 Left toe touch forward, left foot step forward
- 5 On ball of left foot a ¼ turn to the left, right foot step to right side and right shoulder up 6 Replace weight on left foot and left shoulder up
- 7&8 Right foot step behind left foot, left foot step to the left, right foot step forward

STEP, ½ TURN WITH KICK, COASTER STEP, TOUCH & TOUCH, ARM MOVEMENTS

- 1-2 Left foot step forward, ¹/₂ turn to the right and kick with right foot forward
- 3&4 Right foot step back, left foot step back next to right foot, right foot step forward
- 5&6 Left foot touch to left side, left foot next to right foot, right foot touch to right side
- 7 Right arm in a left half circle to the top
- & Right arm in a right half circle to the right leg and left arm in a left half circle to the top
- 8 Turn ¼ turn to the right an left arm in a right half circle to the right leg

ROCK STEP, ½ TURN SHUFFLE, ROCK STEP, LOCK STEP

- 1-2 Right foot rock back, replace weight on left foot
- 3&4 Right shuffle forward with ½ turn to the left
- 5-6 Left foot rock back, replace weight on right foot
- 7&8 Left lock step forward





牆數:2

KNEE IN, STEP, KNEE IN, STEP, PUSH TURN, STEP, SLIDE

- 1-2 Right knee in, right foot step forward
- 3-4 Left knee in, left foot step forward
- 5 On left foot ¼ turn to the left, right foot touch to right side
- & On left foot ½ to the left
- 6 Right foot touch to right side
- 7-8 Right foot big step to right side, left foot slide next to right foot (weight is on left foot)

PART B

SAILOR STEP, TOUCH, KICK, SPIRAL TURN, SHUFFLE

1& Right foot step behind left foot, left foot step to the left

Arm movements: right arm go over the head to the left side and slide behind at the neck to the right 2 Right foot step in place

- Arm movements: both arms outside at the hips on right and left side
- 3-4 Left foot touch next to right foot, left foot kick diagonal to the left forward
- 5-6 Left foot cross in front of right foot, full turn to the right
- 7&8 Left shuffle to the left

ROCK STEP, KICK OUT OUT, ARM MOVEMENTS

- 1-2 Right foot rock back, replace weight on left foot
- 3&4 Right foot kick forward, right foot small step to the right, left foot small step to the left
- 5-6 Right arm to the left diagonal up, left arm to the right diagonal up
- 7-8 Both arms push down in front of breast, right & left arm in a ¼ turn angle to the side, parallel with your body

SAILOR STEP WITH ¼ TURN, LOCK STEP, ROCK STEP, TURN, TURN, TURN

- 1&2 Right foot step behind left foot, left foot step to the left, right foot step forward with ¼ turn to the right
- 3&4 Left lock step forward
- 5-6 Right foot rock forward, replace weight on left foot
- 7&8Right foot step forward with ½ turn right, left foot step back with ½ turn right, right foot step
forward with ½ turn right

ROCK STEP, STEP SLIDE WITH ¼ TURN, KICK & TOUCH & KICK & TOUCH

- 1-2 Left foot rock forward, replace weight on right foot
- 3-4 Left foot big step back with ¼ turn to the left, right foot slide next to left foot
- &5 Right foot step back, left foot kick forward
- &6 Left foot step back in place, touch right foot next to left foot
- &7&8 Repeat &5&6

PART X

STEP, TOUCH, STEP, TOUCH, SHOULDER MOVEMENTS, RONDE

- 1-2 Right foot step to the right, left foot touch in front of right foot and snap with right fingers on 2
- 3-4 Left foot step to the left, right foot touch behind left foot and snap with right fingers on 4
- 5-6 Right foot step to the right, weight on right foot an right shoulder up
- 7&8 Weight on left foot and left shoulder up, weight on right foot and right shoulder up, weight on left foot an left shoulder up
- 9-12 Full turn ronde with right foot to the left, at (12) right foot touch next to left foot

PART Y

SYNCOPATED WEAVE, KNEE IN, KICK, SAILOR STEP

- 1& Right foot step to right side, left foot step behind right foot
- 2& Right foot step to right side, left foot step in front of right foot
- 3&4 Right foot step to right side, left foot step behind right foot, right foot step to right side
- 5-6 Left knee in, left foot kick diagonal forward to the left

STEP, TOUCH, STEP, TOUCH, SHOULDER MOVEMENTS, RONDE 1-12 Repeat Part X