

Lately Baby

拍數: 0 牆數: 1 級數: Advanced
編舞者: Kurt Glover (AUS)
音樂: Tonight the Bottle Let Me Down - Brooks & Dunn



Sequence: DAA B CAA

PART D (INTRO)

TOE/HEEL, TOE/HEEL, KICK, CROSS, SIDE SHUFFLE

1-2 At 45 degrees angle right - toe then heel
3-4 At 45 degrees angle left - toe then heel
5&6 Kick right forward, replace right beside left, left foot crossing right
7&8 Shuffle sideways right left right

TOE/HEEL, TOE/HEEL, KICK, CROSS, SIDE SHUFFLE

1-2 At 45 degrees angle left - toe then heel
3-4 At 45 degrees angle right - toe then heel
5&6 Kick left forward, replace left beside right, right foot crossing left
7&8 Shuffle sideways left right left

ROCK, SIDE SHUFFLE, KICK, TWIST TURN, STEP, TOUCH

1-2 Rock right heel across body - lifting right toe & left heel off ground
3&4 Shuffle sideways right left right
5&6 Kick left foot, replacing left slightly back, stepping right forward
7 Twisting ¼ turn to left on the balls of both feet
&8 Step left back, touch back right next to left

KICK, KICK, ½ turn, SIDE, SIDE, FRONT. BACK

1-2 Kick right forward & to right side
3-4 Turn ½ turn right on left foot, step right next left, point left to left side
&5-6 Step left next to right, point right to right side, right heel forward
7-8 Point right to right side, touch right toe behind

SIDE SHUFFLE, HITCH, SIDE SHUFFLE, HITCH, HEAD SHAKE

1&2 Shuffle sideways right left right
3 Hitch left leg behind right
4&5 Shuffle sideways left right left
6-7 Hitch right leg in front of left, step right to right (shoulder width apart)
&8 Shake head side to side - left & right

¼ turn, STEP, REPLACE, CROSS, STEP, REPLACE, CROSS, SHIMMY

&1 Shake head side to side - left & right
2-3 Turn ¼ left and place left heel out on 45 degrees, replace
4-5 Step right across left, left heel out on 45 degrees
6-7 Replace left beside, step right across left
&8& Shimmy shoulders right left right

TOUCH BACK, STEP, CROSS, TOUCH BACK, STEP, CROSS, STEP

1 Shimmy left shoulder
2-3 (Going sideways) touch right toe back, step right back slightly
4-5 Step left across right, step right toe back
6 Step right to right side

7-8 (Facing front) step left toe then left heel on the spot

KNEE POP, KNEE POP, MOVE HIPS AROUND

1-2 Pop right knee, hold
3-4 Pop left knee, hold
5-8 Move hips around to the left (once)

PART A

SIDE SHUFFLE, SIDE SHUFFLE, HEELJACK, ½ TURN

1&2 Shuffle sideways right left right to right
&3&4 Turn ½ turn left, shuffle sideways left right left to left
&5-6 Step right to right side with left foot at 45 degrees (toe up), turn ¼, put weight on left scuffing right next to left
7-8 Step right forward turning ½ left

ROCK FORWARD, ROCK BACK, full turn TURN, ROCK FORWARD

1-2 Rock forward on right, rock back on left
3-4 Step right back to rock on right, rock forward on left
5-6 Turn full turn forward (stepping right left)
7-8 Rock right forward, putting weight back on left

TOUCH, SCOOT, TOUCH, SCOOT, JUMP/KICK, LEFT RIGHT LEFT

1-2 Touch right toe back, scoot left foot back
3-4 Touch right toe back, kick right foot to right side
5-6 Jump on right foot kicking left foot out, swinging left foot around to turn ¼ to left stepping left foot back
7-8 Step right back next to left, step left foot forward

TWIST, TWIST, TOE STRUT, TWIST, TWIST, TOE STRUT

1-2 Step right foot next to left while twisting heels left then right
3-4 Twist heels left while strutting right foot toe then heel on 45 degrees
5-6 Twist heels right then left
7-8 Turning ¼ to left, strut left foot toe then heel. (right foot slightly back) that 8 counts are moving forward

KICK,CROSS, KICK, KICK, KICK BACK, TURN ½ turn

1-2 Kick right foot forward, cross right foot across left leg
3&4 Kick right foot forward, replace right next to left changing weight to left, kick left foot forward
&5-6 Replace left next to right changing weight to right, kick right foot forward, kick right foot back
7-8 Turn ½ turn right on left foot with right foot still in air, kick right foot touch right foot next to left

STOMP, HOLD, STOMP, HOLD, TWIST, TWIST, TWIST, TWIST

1-2 Stomp right foot forward, hold (holding left hand out)
3-4 Stomp left foot forward, hold (holding right hand out)
5-6 Twist heels left then twist heels right
7-8 Twist heels left then twist heels center

STEP, SCUFF, STEP, SCUFF, RIGHT LEFT RIGHT, LEFT BEHIND

1-2 Step right foot forward, scuff left foot beside right
3-4 Step left foot to s, scuff right foot beside left (shoulder width apart)
&5-6 Step right to right side, step left on spot, step right on spot
7-8 Step left foot behind right, hold (flicking hands out to side)

STEP, CROSS, full turn, STEP, ROCK, ½ turn, SHUFFLE LEFT RIGHT LEFT

1-2 Step left to left side, cross right across left

- 3-4 Unwind full turn left, step right foot forward
- 5-6 Rock left forward, stepping right back turning ½ turn left
- 7-8 Shuffling forward left right left

SCUFF, ¼ turn, VINE, HEEL PUMPS

- 1-2 Scuff right foot turning ¼ turn right, step right foot to right side
- 3-4 Step left behind right, step right to right side
- 5-6 Step left across right, step right foot beside left
- 7-8 Pump heels twice

SLAP, REPLACE, SLAP, KICK, KICK, SLAP, KICK, KICK

- 1-2 Lift right foot to slap outside with right hand, put foot down with toe up
- 3-4 Lift right foot to slap inside with left hand, kick right foot forward
- &5-6 Step right next to left, kick left foot forward, step left next to right, lift right foot to slap outside with right hand
- 7-8 Kick right forward twice

STEP, TOGETHER, STEP, SCUFF, ROCK, ½ turn, STEP, SCUFF

- 1-2 Step right forward, step left next right
- 3-4 Step right forward, scuff left
- 5-6 Step left forward, step right back turning ½ turn left
- 7-8 Step left forward, scuff right

- 1-8 Repeat above 8 counts

STEP, DRAG, STEP, DRAG, SHUFFLE TURN, SHUFFLE TURN

- 1-2 Step right forward, drag outside of left foot - dipping left shoulder
- 3-4 Step left forward, drag outside of right foot - dipping right shoulder
- 5&6 Shuffle forward right left right while turning ½ turn
- 7&8 Shuffle forward left right left while turning ½ turn

SCUFF, TOUCH, SCUFF, TOUCH, SCUFF, TOUCH, SCUFF, TOUCH

- 1&2 Scuff right forward, step right forward, touch left behind right
- & Step left while turning ¼ turn
- 3&4 Scuff right forward, step right forward, touch left behind right
- & Step left while turning ¼ turn
- 5&6 Scuff right forward, step right forward, touch left behind right
- & Step left while turning ¼ turn
- 7&8 Scuff right forward, step right forward, touch left behind right

BACK HEEL, BACK HEEL, HOLD, BACK HEEL, BACK HEEL, HOLD

- &1&2 Step left back, step right with toe up, step right back, step left with toe up
- &3-4 Step left back, step right with toe up, hold - click both hands
- &5&6 Step right back, step left with toe, step left back, step right with toe up
- &7-8 Step right back, step left with toe up, hold - click both hands

HALF PUSH TURN, CROSS SHUFFLE

- 1-2 Right toe right side & push off right turning ½ turn, step right to right side
- 3&4& Cross shuffle left right left turning ¼ turn right to start dance again

PART B

KNEE, KNEE, KNEE, KICK, STEP, CROSS, SIDE, SIDE

- 1-2 Pop right knee, pop left knee
- 3-4 Pop right knee, kick right foot forward 45 degrees (head down for 3 counts)

5-6 Step right to right side, step left across right
7&8 Touch right toe to right side, step right next to left, touch left toe to left side

1-8 Repeat above 8 counts

SHUFFLE, SHUFFLE, KICK, TOUCH, ¼ turn

1&2 Shuffle forward right left right

3&4 Shuffle forward left right left

5-8 Kick right forward, replace next to left, touch left toe to left turning ¼ turn to left - (bringing arms in & out to the side with clicks)

1-8 Repeat above 8 counts

STEP TURN, KICK, STEP, STEP, TOES IN & OUT, SIDE SHUFFLE

1-2 Step right foot forward while turning ½ turn left

3&4 Kick right foot forward, step right then left. (feet shoulder width apart)

5-6 Bring toes in, bring toes out (arms in - head down, arms out - head up) (toes up when bringing them in)

7&8 Shuffle sideways right left right

CROSS STEP, BACK, HOLD, CROSS STEP, BACK, HOLD

1-2 Cross left over right, step right back

3-4 Step left to left side, hold

5-6 Cross right over left, step left back

7-8 Step right to right side, hold

ROCK, BACK, SIDE SHUFFLE, ROCK, BACK SIDE SHUFFLE

1-2 Rock left foot across right, step back on right

3&4 Shuffle sideways left right left

5-6 Rock right foot behind left, step on left

7&8 Shuffle sideways right left right

ROCK, BACK, SIDE SHUFFLE, ROCK BACK, HOLD

1-2 Rock left foot behind right, step on right

3&4 Shuffle sideways left right left

5-6 Rock right foot behind

7-8 Step right to right side, hold

PART C (THANK YOU SARAH MYERS)

CROSS, HOLD, full turn, STRUT SIDEWAYS

1-2 Cross right over left, hold

3&4 Full turn left on spot - unwind

5-6 Strutting sideways, right foot - heel/toe

7-8 Cross left foot strutting - heel/toe

STEP, HOLD, STEP, HOLD, STRUTTING SIDEWAYS

1-2 Step right foot to right side, hold

3-4 Step right behind left, click right hand - hold

5-6 Step right foot - toe/heel, click (moving sideways)

7-8 Step left foot over right - toe/heel, click (moving sideways)

PUSH TURN ¾ turn, FORWARD STRUTS

1-2 Push off right foot turning ¾ turn right

3-4 Step right forward strutting - heel/toe

- 5-6 Step left forward strutting - heel/toe
7-8 Step right forward strutting - heel/toe

TWIST, TWIST, HEELJACK, ¼ turn STEP SCUFF, STEP SCUFF

- 1-2 Twisting heels right, turning body ¼ turn then back to original position
3-4 Step right back, stepping left forward - toe up (heeljack), step left forward, step right together
5-6 Turning ¼ turn right - step right, scuff left
7-8 Step left, scuff right

STEP, STEP, SWAY HIPS

- 1-2 Step right to right side - toe then heel
3-4 Step left to left side - toe then heel
5-6 Sway hips to right - using 2 counts
7-8 Sway hips to left - using 2 counts

STRUT, ROCK, STRUT, ROCK, STRUT, ROCK, STRUT, ROCK

- 1-2 Strut right forward - heel/toe
3-4 Rock left foot to left side, rock back to right side
5-6 Strut left forward - heel/toe
7-8 Rock right foot to right side, rock back to left side

- 1-8 Repeat above 8 counts

KICK, CROSS, STEP, KICK, CROSS, STEP, HOLD

- 1-2 Kick right foot out, cross right over left
3-4 Step left back, step right to right side
5-6 Kick left foot out, cross left over right
7-8 Step right to right side, hold

TWIST, HOLD, TWIST, KICK, CROSS, STEP

- 1-2 Twisting heels right turning body ¼ turn left
3-4 Twisting back to front
5-6 Kick right foot, cross right foot over left
7-8 Step left turning ¼ turn, step right together

HOLD, LOOK, SHOULDER ROLL, KICK, ¾ turn, STEP

- 1-2 Stand for both counts
3-4 Roll right shoulder back twice - looking to right side
5-6 Kick right forward, step back on right
7-8 Step back left, turning ¾ turn left, step right

HOLD, HIP BUMP, HOLD, HIP BUMP, HIP BUMPS

- 1-2 Hold hip to right side
3-4 Hold hip to left side
5-8 Bump hips to sides - right left right left

STRUT SIDWAYS, HOLD

- 1-2 Strutting sideways left - step right - heel/toe
3-4 Step left - heel/toe
5-6 Step right - heel/toe
7-8 Step left next to right, hold

STRUT SIDWAYS, HOLD

- 1-2 Strutting sideways right - step right - heel/toe

- 3-4 Step left - heel/toe
- 5-6 Step right - heel/toe
- 7-8 Step left next to right, hold

STRUT BACKWARDS

- 1-2 Strut backwards - step right back - toe/heel
- 3-4 Step left back - toe/heel
- 5-6 Step right back - toe/heel
- 7-8 Step left back - toe/heel

- 1-8 Repeat above 8 counts

CROSS STEP, KICK, KICK, CROSS STEP, KICK, KICK, SCUFF, TOUCH

- 1-2 Step right across left, kick left foot
- 3-4 Kick left foot, step left across right
- 5-6 Kick right foot, kick right foot
- &7&8 Step forward on right, touch left toe behind right, step left foot back raising right toe off ground

VARIATION

During the 3rd time of doing PART A, on the 64th count of the dance

- 1-2 Kick right foot across body, step right forward
- 3-4 Kick left foot across body, step left forward
- 5-6 Kick right foot across body, step right forward
- 7-8 Kick left foot across body, step left forward

Continue into slap sequence on the 72nd count. To finish dance when the appropriate ending, you'll be doing PART A the fourth time. When you reach the 58th count the steps after that start to differ from doing it normally

- 1-2 Step right foot forward, scuff left foot beside right
 - 3-4 Step left foot to left side, scuff right foot beside left (shoulder width)
 - &5-6 Step right to right side, step left on spot, step right on spot
 - 7&8 Touch left behind right, step left to left side, touch right behind left
 - &1-2 Step right to right side, step left behind right, hold (head turned to side)
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