

Legal Alien

拍數: 0 牆數: 0 級數:
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音樂: Englishman In New York - Sting



Sequence: AA, BB, A, BB, C, DD, E, A To End

PART A (VERSE)

I Don't Drink Coffee, I Drink Tea My Dear

WEAVE LEFT, MODIFIED CHARLESTON, UNWIND

- 1-2 Step left to left, cross right over left
- 3-4 Step left to left, cross right behind left
- 5-6 Touch left toe back, step forward on left
- 7-8& Touch right toe forward, point right to back, unwind ½ turn right

Weight ends on right facing 6:00

LOCK STEPS, STEP SLIDE, CROSS, ¼ TURN FULL TURN WITH RONDE

- 9&10 Step forward on left, lock right behind, step forward on left
- 11&12 Step forward on right, lock left, behind, step forward on left
- 13-14 Take large step to left, slide right towards left
- &15 Cross left over right, on ball of left make ¼ turn right (facing 9:00)
- 16 Continue into full turn right, sweeping right around left, step right to right (1 ¼ turn total facing 9:00)

IN FRONT, SIDE, BEHIND, RONDE TURN, LOCK STEPS

- 17-18 Cross left over right, step right to right
- 19-20& Cross left behind right, sweep right round left making ½ turn right, place weight on right (facing 3:00)
- 21&22 Step forward on left, lock right behind, step forward on left
- 23&24 Step forward on right, lock left, behind, step forward on right

SIDE, BEHIND, SIDE, HEEL, STEP IN PLACE, CROSS, SIDE, BEHIND, RONDE

- 25-26 Step left to left, step right behind left
- &27 Step left to left, extend right heel
- &28 Step right by left, cross left over right
- 29-30 Step right to right, cross left behind right
- 31-32 Sweep right round behind left, place weight on right

PART B (CHORUS)

I'm An Alien, I'm A Legal Alien

LEFT MAMBO, RIGHT MAMBO, ¾ TURN RIGHT, ½ SHUFFLE TURN RIGHT

- 1&2 Rock left to left, recover on right, step left by right
- 3&4 Rock right to right, recover on left, step right by left
- 5-6 Swivel left heel ¼ turn right, making ½ turn right step back on right
- 7&8 Make ½ shuffle turn right stepping left, right, left

RIGHT SAILOR, LEFT SAILOR, FRONT SAILOR MAKING ½ TURN, STEP, STEP

- 9&10 Cross right behind left, step left to left, step right in place
- 11&12 Cross left behind right, step right to right, step left in place
- 13&14 Cross right over left, step left to left making ½ turn right, step forward on right
- 15-16 Step forward on left, step forward on right

PART C (CHORUS)

Modesty, Propriety, Can Lead To Notoriety

SIDE, SIDE, CROSS, STEP, CROSS SHUFFLE, ROCK, RECOVER

- 1& Step left to left, step right by left
- 2& Step left to left, step right by left
- 3 Cross left over right
- 4 Step right to right
- 5&6 Cross left over right, step right to right, cross left over right
- 7-8 Rock right out to right, recover on left

BEHIND, SIDE, IN FRONT, ¾ TURN RIGHT, LEFT SHUFFLE, STEP ½ PIVOT

- 9&10 Cross right behind left, step left to left, cross right over left
- 11-12 Step left to left making ¼ turn right, step back on right making ½ turn right (facing 6:00)
- 13&14 Step forward on left, step right by left, step forward on left
- 15-16 Step forward on right, make ½ pivot left (facing 12:00)

SIDE, SIDE, CROSS, STEP, CROSS SHUFFLE, ROCK, RECOVER

- 17& Step right to right, step left by right
- 18& Step right to right, step left by right
- 19 Cross right over left
- 20 Step left to left
- 21&22 Cross right over left, step left to left, cross right over left
- 23-24 Rock left out to left, recover on right

CROSS, ¼ TURN RIGHT, STEP, STEP ½ PIVOT, RIGHT SHUFFLE, LEFT SHUFFLE

- 25&26 Cross left behind right, step right to right making ¼ turn right, step forward on left
- 27-28 Step forward on right make ½ pivot turn left (facing 9:00)
- 29&30 Step forward on right, step left by right, step forward on right
- 31&32 Step forward on left, step right by left, step forward on left

PART D (INSTRUMENTAL)

RIGHT TOE, HEEL, CROSS, LEFT TOE HEEL CROSS, ROCK, RECOVER, CROSS, CROSS ¾ UNWIND

- 1&2 Tap right toe by left instep, tap right heel by left instep, cross right over left
- 3&4 Tap left heel by right instep, tap left heel right instep, cross right over left
- 5&6 Rock right to right, recover on left, cross right over left
- 7-8 Cross left over right, unwind ¾ turn right (weight ends on left facing 6:00)

RIGHT CROSS SHUFFLE, STEP, STEP, CROSS, DIAGONAL LOCK STEP, ½ TURN, LEFT SHUFFLE

- 9&10 Cross right over left, step left to left, cross right over left
- 11&12 Step left to left, step right by left, cross left over right
- 13&14 Step back on right to right diagonal, lock left over right, step back on right making ½ turn left (facing 12:00)
- 15&16 Step forward on left, step right by left, step forward on left

PART E (INSTRUMENTAL - STRONG BEAT)

TOUCH RIGHT, TOUCH, LEFT, 'BODY ROLL', SLIDE RIGHT TO LEFT, TOUCH RIGHT, TOUCH, LEFT, ¼ LEFT HEEL SWIVEL, SLIDE RIGHT BY LEFT (COMPLETING ¼ TURN RIGHT 'MOONWALK' TURN)

- 1&2 Touch right toe to right, step right by left, touch left toe to left
- &3-4 Bend upper body to right, straighten upper body taking weight to left foot while sliding right by left
- 5&6 Touch right toe to right, step right by left, touch left toe to left
- &7-8 Swivel left heel ¼ turn right (upper body stays in place), making ¼ with upper body sliding right by left

TOUCH RIGHT, TOUCH, LEFT, 'BODY ROLL', SLIDE RIGHT TO LEFT, TOUCH RIGHT, TOUCH, LEFT, ¼ LEFT HEEL SWIVEL, SLIDE RIGHT BY LEFT (COMPLETING ¼ TURN RIGHT)

- 9&10 Touch right toe to right, step right by left, touch left toe to left
- &11-12 Bend upper body to right, straighten upper body taking weight to left foot while sliding right by left
- 13&14 Touch right toe to right, step right by left, touch left toe to left
- &15-16 Swivel left heel ¼ turn right (upper body stays in place), making ¼ with upper body sliding right by left
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