

Let's Dance

拍數: 0 牆數: 0 級數:
編舞者: Anita Ludlow (UK)
音樂: Let's Dance - Five



Sequence: Start dance 16 counts after weird vocals. A, Tag, B, A, Tag, BB, AA, Tag, BBB

PART A

SWITCH HEELS, & PIVOT TURN & WIZARD OF OZ STEPS TWICE

- 1&2&3-4 Dig right heel forward, step right in place, dig left heel forward, step left in place, step forward on right, half pivot to left stepping onto left
- &5-6&7-8 Hop from left, take a large step forward on right, drag left up to meet right, repeat on reverse

&RUNNING ROCK & ¼ PIVOT INTO RIB ISOLATION

- &9&10&11-12 Step onto left, rock forward on right, recover weight on left, rock back on right, recover weight on left, step forward on right, keeping weight on right swivel ¼ turn to left on ball of left
- 13-14-15-16 Take weight onto both feet and crouch down resting hands on thighs circle shoulders in to the right direction (isolating ribs if possible)

SAILOR SHUFFLES TWICE, FULL BACKWARD UNWIND, PUSH OFF, LAND & DRAG

- 17&18-19&20 Sailor shuffle on right & left
- 21-22-23-24 Touch right behind left & unwind full turn to right (2 counts) with weight on right push off and take a big step to left on left. Drag right up to meet left (weight ends on right)

DIG, STEP, DIG, STEP, DIG, HIP WALK TWICE. KICK BALL CHANGE

- 25-26 Step forward on left heel (body angled to right diagonal), bring right instep next to left heel
- 27-28 Step forward on left heel (body angled to right diagonal), bring right instep next to left heel, step forward on left heel

Arms: fists at chest height elbows bent bring shoulder blades together as you open & close fists slightly in time with footwork

- 29-30-31&32 Step onto right allowing hip to follow move, repeat on left but turning ¼ left kick right ball change

TAG

BEND & DIG & CROSS & DIG & PIVOT HALF TURN, LIFT, COASTER

- 1&2&3&4& (Weight on both feet) bend both knees, change weight to left, dig right heel forward, step right in place, cross left over right, step right to right side, dig left heel forward, step left in place
- 5-6-7&8 Step forward on right half turn left lifting left leg, coaster left-right-left
- 9-16 Repeat above 8 counts

PART B

TEST THE WATER ON RIGHT & LEFT, STEP FORWARD & ¼ TURN WITH SHOULDER MOVES

- 1-2-3-4 Keeping body upright, rest right foot forward keeping weight on left, reverse on other side - looks a bit robotic & as if you are about to step forward but changed your mind(arms are both bent at elbow, palms facing out in front & close to chest, half circle right, full circle to left into half circle left)
- 5-6-7-8 Step forward on right as you make a ¼ turn to left by subtly swiveling round, right shoulder goes down at the same time left shoulder comes up (sharp shoulder movements, arms are loosely hanging by your side)

LUNGE & LOOK TWICE. TINY JAZZ SLIDES X 4

- 9-10-11-12 Lunge out to right on ball of right (bending right knee, straight left leg) but look towards left (both arms half circle around to the left) repeat on reverse

&13&14&15&16 Slide small step forward on right, slide left next to right (repeat 3 more times- feet slightly apart throughout this move) (arms; both palms covering the face then open out slightly with each jazz slide- head should look out through hands when apart and look towards the floor when covering the face)

KICK BALL SIDE, SWITCH MONTEREY TURN. CROSS $\frac{3}{4}$ UNWIND. STEP STEP

17&18&19&20 Kick right leg forward, step right back in place, touch left to left side, step left back to place, touch right out to right, as you bring right back to place turn half right on ball of left, touch left to left side

21-22-23&24 Cross left over right & unwind $\frac{3}{4}$ to right over 3 counts (now facing home wall), small step forward on left, step right next to left

STEP TOUCH, BALL, CROSS, BALL, CROSS, STEP, STEP, ARMS DO THE REST

25-26&27&28 Step forward on left, touch right next to left (both arms shoot forward on right touch & are held there over next 2 counts) traveling back on ball of right, stepping left across right twice

&29-30-31&32 Step right out to right side, step left out to left side (count &29)hold above position but take arms out to side (count 30) brings fists in front of chest, elbow bent out at right angles shoot right fist out to right side (&) bring right fist back in front of chest at same time shoot left fist out to left (count 32)
