

Little Ramona

拍數: 0 牆數: 0 級數:
編舞者: Tara Davin (UK)
音樂: Little Ramona - BR5-49



Sequence: ABC, ABB, ABD

PART A

- 1-2 Spring off both feet and kick right foot forward to right diagonal, bring right foot back to place
3-4 Spring off both feet and kick left foot forward to left diagonal, bring left foot back to place
5-6 Spring off both feet and kick right foot forward to right diagonal, bring right foot back to place
7-8 Spring off both feet and kick left foot forward to left diagonal, bring left foot back to place
- 9-12 Walk forward right, left, right and kick left foot forward
13-16 Full spin backwards over your left shoulder stepping left, right, left touch right
- 17-20 Point right foot to right side, now do a ½ turn over your right shoulder, bringing your right foot back to place, point left foot to left and return to place
21-24 Swing hips left, center, left, center (keeping weight on left foot)
- 25-32 Repeat steps 17 to 24
- 33-36 Grapevine to right with ¼ turn right
37-38 Step right foot to right side and pivot ¼ turn to left while doing hand waves (Al Jolson style)
39-40 Step right foot to right side and pivot ¼ turn to left while doing hand waves (Al Jolson style)
- 41-48 Repeat 33-40
- 49-50&51-52 Kick right leg to front twice (49, 50) bring right foot back to place (&), kick left leg to front twice(51, 52)
53&54 Kick right leg to front (53) bring right foot back to place (&) kick left leg to front (54)
55-56 Point left foot to left side, switch and point right foot to right side
- 57-64 Rolling vines to right then left
- 65-68 Step right foot to right side (turn body slightly to left and lean back for styling) do Al Jolson waves for 3 beats

PART B

Identical to Part A but omit last 4 beats (Waves)

PART C

- 1-84 Toe struts forward right, left, right left
- 9-162 Jazz boxes with two ¼ turns to the right
- 17-20 Point right toe to right side, now do a ½ turn over your right shoulder, bringing your right foot back to place, step forward on your left foot and do a ½ pivot turn to your right
21-24 Applejacks to right and left - (point the toe of your right foot and the heel of your left foot to the right so that you are making almost a "v" shape with your feet and return both feet place. Now point the toe of your left foot and the heel of your right foot to the left again making a "v" and return to place)

- 25-32 Repeat 17-24
- 33-40 Jump & land with feet apart, jump and cross right in front of left, unwind ½ over left shoulder.
Repeat
- 41-44 Swivets to the right and left - (lift right toe off floor and point to right at the same time as lifting left heel off floor and pointing to left return to place. Now lift left toe off floor and point to left at the same time as lifting right heel off floor and pointing to right return to place)
- 45&4647-48 Right kick ball change, stomp right foot and return weight to left foot

PART D

- 1-82 Jazz boxes with two ¼ turns to the right
- 9-12 Point right toe to right side, now do a ½ turn over your right shoulder, bringing your right foot back to place step forward on your left foot and do a ½ pivot turn to your right
- 13-16 Applejacks to right and left - (point the toe of your right foot and the heel of your left foot to the right so that you are making almost a "v" shape with your feet and return both feet place. Now point the toe of your left foot and the heel of your right foot to the left, again making a "v" and return to place)
- 17-24 Repeat 9-16
- 25-28 Swivets to the right and left
- 29-32 Cross right foot in front of left and do a full spin on the spot over your left shoulder
- You can do optional Al Jolson waves for the last beat of this song or just stand there looking cool!**

NOTE

Rockabilly bops to the right, left, right and left:

A bop is where you spring off both feet, flick the relevant foot out to the side and land with your weight on that foot, in this cast, spring and land with foot out to the right, left, right and left
