

Long Tall Sally

拍數: 96 牆數: 2 級數:
編舞者: Paul McAdam (UK)
音樂: Long Tall Sally - Little Richard



Dance starts straight away, on very first break after you press play

STOMPS & HOLDS SECTION, BOX ¼ TURN

- 1-4 Stomp left foot to left side, hold counts 2-4
- 5-8 Stomp cross right foot in front of left foot, hold counts 6-8
- 9-10 Stomp left foot to left side, hold count 10
- 11-12 Stomp cross right foot in front of left foot, hold count 12
- 13-14 Step left foot to left side, cross right foot in front of left
- 15-16 Step back on left foot, make a ¼ turn right and step right foot to right side

STEP-LOCK-STEP-SCUFF TWICE, STEP ½ PIVOT STEP, SKATES X4

- 1-2-3-4 Step forward on left foot, lock right foot behind left foot, step forward on left foot, scuff right foot
- 5-6-7-8 Step forward on right foot, lock left foot behind right foot, step forward on right foot, scuff left foot
- 9-10 Step forward on left foot, pivot ½ turn right
- 11-12 Step forward on left foot, hold a count
- 13-16 4 skates forward starting with right foot

KICK, BEHIND-SIDE-CROSS TWICE, SLOW JAZZ BOX ¼ TURN

- 1-4 Kick right foot to right diagonal, cross right foot behind left, step left foot to left side, cross right foot in front of left
- 5-8 Kick left foot to left diagonal, cross left foot behind right foot, step right foot to right side, cross left foot in front of right
- 9-10 Cross right foot in front of left foot, hold a count
- 11-12 Step back on left foot, hold a count
- 13-14 Make a ¼ turn right and step right foot to right side, hold a count
- 15-16 Cross left foot in front of right foot, hold a count

STOMP & HOLD SECTION, 2X PIVOT ½ TURNS, DWIGHT YOAKAM STEPS

- 1-4 Make a ¼ turn left and stomp right foot to right side and hold counts 2-4
- 5-8 Make a ½ turn left and stomp left foot to left side and hold counts 6-8
- 9-10 Step forward on right foot, pivot ½ turn left
- 11-12 Step forward on right foot, pivot ½ turn left
- 13-14 Touch right toe to left instep as you swivel left heel in, touch right heel next to left as you swivel left toes in

You should be gradually traveling to the right as you do this

- 15-16 Repeat steps 13-14

TOE-KICK-CROSS TWICE, BACK ROCK, 2X STEP-LOCK-STEP-SCUFF

- 1-3 Touch right toe into left instep, kick right foot to right diagonal, cross right foot over left
- 4-6 Touch left toe into right instep, kick left foot to left diagonal, cross left foot over right
- 7-8 Rock back on right foot, rock forward on left foot
- 9-12 Step forward on right foot, lock left foot behind right foot, step forward on right foot, scuff left foot
- 13-16 Step forward on left foot, lock right foot behind left foot, step forward on left foot, scuff right foot

ROCKING CHAIR, STEP PIVOT ½ TURN STEP, HOLD, 2X TOE STRUTS, ROCK ¼ CROSS

- 1-4 Rock forward on right foot, rock back on left foot, rock back on right foot, rock forward on left foot
- 5-8 Step forward on right foot, pivot ½ turn left, step forward on right foot, hold a count
- 9-12 Left toe strut forward, right toe strut forward
- 13-16 Rock forward on left foot, rock back on right foot, make a ¼ turn left and step left foot to left side, cross right foot over left foot

REPEAT
