Look Alike



拍數: 72 牆數: 4 級數: Intermediate/Advanced

編舞者: Anita Swirsky (CAN)

音樂: Poor, Poor Pitiful Me - Terri Clark



This dance is dedicated to my best friend, Kelly Kaylin. Her friendship, love and support means more to me than she could ever know. Thanks for all the things that you do Kelly-babe!!

HEEL GRINDS HEEL STANDS

1-2 Grind right heel forward left, to right

3&4 Step right foot next to left, lean slightly back on heels while fanning out toes-bring toes back

down

5-6 Grind left heel forward right, to left

7&6 Step left foot next to right, lean slightly back on heels while fanning out toes, bring toes back

down

TRIPLES, FUNKY TWISTS

9&10 Triple to right side, angling left shoulder to the right right-left-right 11&12 Triple to left side, angling right shoulder to the left left-right-left

13-16 Step on right foot, swivel right heel out to the right lifting left foot off the floor, step on left foot-

swivel left heel out to the left lifting right foot off the floor, repeat those 2 counts

Feel free to incorporate your arms & shoulders to emphasize this move!

SHUFFLE TO RIGHT SIDE, ½ TURN PIVOT, WALK FORWARD

Shuffle to the right side right, left, right

Step forward on left foot, ½ pivot turn to right

21-24 Walk forward on left, right, left, kick out right foot & clap

WALK BACK, HEEL JACK (ROMP), HOLD, TWICE RIGHT STOMP

25-28 Walk back on right, left, right, together on left (with weight on left)

&29&30 Step back on right foot, quickly extending left heel forward, step left foot home, touch right

foot next to left

31&32 Hold count, stomp quickly with right foot twice

4 SHUFFLES TO SIDE (BOX FORMATION)

33&34 Shuffle to side right stepping right, left, right

ROCK STEP, TOUCH, HOLD

41-42 Rock forward on right foot, step back on left

43-44 Touch right foot to left, hold count

45-46 Rock back on right foot, step forward on left

47-48 Touch right foot to left, hold count

"MASH" STEP, TWICE RIGHT HEEL TAPS RIGHT COASTER STEP BACK

49&50& Step forward on right foot swivel both heels in, swivel both heels out, step back on right foot

swivel both heels in, swivel both heels out

51&52& Step back on left foot swivel both heels in, swivel both heels out, step forward on left, swivel

both heels in, swivel both heels out, weight on left

53-54 Tap right heel forward twice

55&56 Step back on right foot, bring left back next to right, step forward on right

VINE LEFT, VINE RIGHT

57-60 Step to side on left foot, cross right behind left, step to side on left foot, bring right foot next to

left

Step to side on right foot, cross left behind right, step to side on right, bring left foot next to

right, shifting weight onto left

FOUR 1/4 BODY ROLLS TO LEFT

Step forward on ball of right foot, swivel hips/body around ¼ turn to left, repeat 3 more times

REPEAT