Love Potion #9

拍數: 0

牆數: 0

編舞者: Mare Dodd (USA)

音樂: Love Potion #9 - Hansel Martinez

Sequence: Intro, A, B, A, B, A, C, A, B, A, D, C, B*, Intro*, A (repeating until end of song). Begin on very first note of song!

INTRO

Using Cuban motion

1-2	Step left foot to left side, hold one count
3-4	Bring right foot together with left foot, hold one count
5-6	Repeat steps 1-2
7-8	Repeat steps 3-4
9-16	Repeat steps 1-8
17-24	Repeat steps 1-8
25-26	Step left foot to left side, hold one count
27-28	Bring right foot together with left foot, hold one count
29&30	Step left foot to left side (29), snap head left (&), bring head back to center (30)

INTRO*

This time (almost at the end of the song), repeat steps 1-8 for a total of 32 counts-then add steps above numbered 25-30. This makes the total count for this part 38 counts. Be sure to use lots of hip motion!!

PART A-"OOH-AAH"

- 1&2 Shuffle sideways right-left-right
- 3-4 Rock back on left foot, recover on right foot
- 5&6 Shuffle sideways left-right-left
- 7-8 Rock back on right foot, recover on left foot
- 9-16 Repeat steps 1-8

PART B-"VERSE"

- 1&2 Shuffle forward right-left-right
- 3&4 Shuffle forward left-right-left
- 5-6 Step forward on right foot, pivot ½ turn left, transferring weight to left foot
- 7-8 Walk forward right, left (option: turn full turn)
- 9-16 Repeat steps 1-8
- 17-18 Rock sideways on right foot, recover on left foot
- 19&20 Triple step (cha-cha) in place right-left-right
- 21-22 Rock sideways on left foot, recover on right foot
- 23&24 Triple step (cha-cha) in place left-right-left
- 25-26 Ronde' right (sweep right toe in semi-circle to right as you make a ½ turn right)
- 27&28 Triple step (cha-cha) in place right-left-right
- 29-30 Rock forward on left foot, recover on right foot
- 31&32 Triple step (cha-cha) in place left-right-left

В*

The last time you do part Bb, on counts 31&32-stomp left foot, stomp right foot, rather than triple step. This will put you on the correct foot for the last intro*.





級數:

PART C

"SHE BENT DOWN "

- 1-2 Stomp right foot forward (knees bent-hands on thighs), hold one count
- 3-4 Pivot ½ turn left (straighten legs)

"...AND GAVE ME A WINK"

- 5-6 Push left hip forward & wink (raise left shoulder), bring left hip back to center (lower left shoulder)
- 7-8 Repeat steps 5-6

"...SHE SAID I'M GONNA MIX IT UP..."

- 9&10 Sailor shuffle right-left-right
- 11&12 Sailor shuffle left-right-left
- 13&14 Right foot kick-ball-change
- 15&16 Right foot kick-ball-change

"...IT SMELLED LIKE TURPENTINE ... "

- 17-22 Repeat steps 9-14
- 23&24 Kick right foot across left foot (23), syncopated (quick step) right, (&) left (24) -ending with feet shoulder width apart

"...I HELD MY NOSE ... "

- 25-26 Bend right knee in toward left knee as you pinch you nose with your right hand, hold one count
- 27-28 Bend left knee in toward right knee (straighten right knee) as you cover your eyes with your left hand
- 29-30 Bump hips to left side, bump hips to right side
- 31-32 Pop head back (as if drinking), bring head back to front

PART D-INSTRUMENTAL

- 1&2 Shuffle forward right-left-right
- 3&4 Shuffle forward left-right-left
- 5-8 "sassy" walk backwards right, left, turn .25 turn right as you step on right foot, step forward on left foot
- 9-16 Repeat steps 1-8
- 17-24Repeat steps 1-8
- 25-32 Repeat steps 1-8