Lucky One

拍數: 32

級數: Improver

編舞者: Anita Ludlow (UK)

音樂: The Lucky One - Alison Krauss & Union Station

KICK, KICK, KICK BALL STEP, MAMBO FORWARD, MAMBO BACK

- 1&2&3&4 Weight on left, kick right forward, replace weight on right, kick left forward, replace weight on left, kick right forward, step back on ball of right, step left forward
- 5&6-7&8 Rock forward on right, replace weight on left, step right next to left, rock back on left, replace weight on right, step left next to right

SYNCOPATED PIVOT TURNS, ½ & FULL INTO JAZZ JUMP & SWIVELS ¼ TURN LEFT

- 9&10-11&12&13 Step forward right, half turn left stepping onto left, step forward right step forward left, full turn right by swiveling on ball of right, step slightly back on left, step right to right side, step left next to right about shoulder width apart
- Weight on both feet swivel both heels to right, swivel both heels back center, swivel heels &14-15&16 right/left/right as you 1/4 turn left

SYNC WEAVE INTO VAUDEVILLE HEEL WITH HEEL DIGS & TAP

17&18&19&20&21&22 Cross left over right, step right to right side, cross left behind right, step right to right side, dig left heel diagonally forward, step left in place, cross right over left, step left to left side, dig right heel diagonally forward, step right in place, touch left next to right &23&24

Step left in place, dig right heel diagonally forward, step right in place, touch left next to right

CROSS UNWIND, CROSS SHUFFLE, MAMBO CROSS, CHASSE

25-26-27&28 Cross left over right, unwind over right shoulder (weight on right) step left over right, step right to right side, step left over right

29&30-31&32 Rock right to right side, recover weight on left, cross right over left step left to left side, step right next to left, step left to left side

REPEAT

RESTART

On the 3rd and 6th repetitions, after swivel heels on count 16, hold for 2 counts and start again from the beginning, the first time you will be facing 9:00 wall to restart, and the second time you will be facing 12:00 wall (home wall)





牆數: 4