

Mezmerised

拍數: 32 牆數: 4 級數:
編舞者: Chris Gibbons (UK)
音樂: Ain't Got Nothing On Us - John Michael Montgomery



GRAPEVINE RIGHT WITH BALL CHANGE:

1-2 Step to right with right foot, cross left foot behind
3&4 Step to right with right foot, step left foot next to right, step on right foot

GRAPEVINE LEFT WITH BALL CHANGE:

5-6 Step to left with left foot, cross right foot behind
7&8 Step to left with left foot, step right foot next to left, step on left foot

KICK BALL STEPS-TRAVELING FORWARD

9&10 Kick right forward, step on ball of right next to left, step forward with left
11&12 Kick right forward, step on ball of right next to left, step forward with left
13&14 Kick right forward, step on ball of right next to left, step forward with left
15-16 Kick right forward twice

WALK BACK WITH COASTER STEP

17-18 Step back on right, step back on left
19-20 Step back on right, step together with left, step forward on right

STOMPS & SWIVELS, SCOOT & SWIVELS

21-22 Stomp left foot forward & out, stomp right foot forward & out
23-24 Swivel both heels to right and back to place
25-26 Scoot forward on both feet twice-(syncopate this if you like)
27-28 Swivel both heels to right and back to place

STEP TOUCH, TURN TOUCH

29-30 Step to right with right, touch left next to it
31-32 Step left to left making ¼ turn to left, touch right foot next to left

REPEAT

OPTIONAL 4 COUNT WIGGLE ON EVERY 3RD SEQUENCE

To fit the phrasing of "Ain't Got Nothin' On Us" you need to have an extra four counts on the end of each third time through-The timing should be obvious as it is during the chorus, and these 4 extra counts will come just after John sings the word 'Mesmerised'-before the verse starts again. These 4 counts can be either a 4 count 'wiggle' or 4 knee-pops-standing with feet together bend left knee, bend right knee, bend left knee, bend right knee.