Millennium Countdown (P)



拍數: 48 牆數: 0 級數: Partner

編舞者: Sandra Fallows

音樂: You've Got The Power - Redfern & Crookes



Position: Sweetheart Position. Both on same feet unless stated

HEEL, TOE TOUCHES, WITH RIGHT & LEFT FORWARD SHUFFLES

1-2 Touch right heel forward, touch right heel back

3&4 Step right forward, step left next to right (&,) step right forward

5-6 Touch left heel forward, touch left toe back

7&8 Step left forward, step right next to left, step left forward

1/2 PIVOT TURN, 1/4 PIVOT TURN TO FACE OLOD, RIGHT VINE

1-2 Drop left hands step right forward, pivot ½ turn left on balls of both feet to face RLOD

3-4 Step right forward., pivot ¼ turn left on balls of both feet to face OLOD

Hold hands over lady's shoulder

5-6 Step right to side, step left behind left 7-8 Step right to side, touch left to right

LEFT VINE & TOUCH, STEP RIGHT BACK & TOUCH, STEP LEFT FORWARD ¼ TURN LEFT, TOUCH RIGHT NEXT TO LEFT

Step left to side, step right behind left
Step left to side, touch, right next to left
Step back on right., touch left to it

7-8 Step left. ¼ turn left to LOD, touch right beside left

MAN VINE BEHIND LADY WITH A LEFT KICK FORWARD, MAN VINE BEHIND LADY WITH KICK FORWARD. LADY SYNCOPATED LEFT & RIGHT VINE WITH A KICK

1-2 LADY: Cross right over left, step left to side, passing in front of man into vw position

3-4 Cross right behind left, kick left forward

5-6 Cross left over right, step right to side, (passing in front of man & returning to sweetheart)

7-8 Cross left behind right, kick right forward

1-4 MAN: Step right to side, cross left behind, step right to side, kick left forward
5-8 MAN: Step right to side, cross right behind, step left to side, kick right forward

Lady now passes in front of man, who lifts left arms over lady's head into vw position on both turns. On second cross lift right arm over lady's shoulder resume sweetheart position

WALKS BACK, HIP BUMPS X 3, STRAIGHTEN UP

1-2 Walk back on right, walk back on left3-4 Walk back on right, step left next to right

5-6 Bump hips in, bump hips out

7-8 Bump hips in, straighten up, (ending with weight on right)

LEFT FORWARD PIVOTS TWICE, LEFT FORWARD SHUFFLE, STOMP RIGHT, STOMP LEFT, MOVING FORWARD

1-2	Drop left hands, step left forward, on balls of both fe	et pivot ½ turn over right shoulder
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3-4 Step left forward, on balls of both feet pivot ½ turn over right shoulder

5&6 Step left forward, step right next to left, step left forward

7-8 Moving forward stomp right, stomp left

REPEAT

Optional especially if done to slower music. In section 2 & 3 man lifts lady's arms above her head, as lady does full turn over three steps first to right then to left, bringing the arms to waist level as each turn is completed