

Montego Bay

拍數: 32 牆數: 4 級數: Improver
編舞者: Kathy Hunyadi (USA)
音樂: Montego Bay - Glenn Rogers



RIGHT SHUFFLE, LEFT SHUFFLE, ROCK, STEP, RIGHT ½ TURN SHUFFLE

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5-6 Rock forward on right, recover weight to left (starting ½ turn right)
7&8 Shuffle forward right, left, right (completing ½ turn right)

TOUCH, TOUCH, LEFT SAILOR WITH ¼ TURN, KICK, CROSS, BACK, SIDE, CROSS

1-2 Touch left toe forward, touch left toe to side
3&4 Step left behind right while turning ¼ left, step right to side, step left to side
5-6 Kick right forward, cross right over left (right is weighted)
7&8 Step back on left, step right to side, step left forward and across right

SIDE ROCK, CROSS SHUFFLE, WALK, WALK, & TOUCH, & TOUCH

1-2 Rock to right on right, recover weight to left
3&4 Cross step right over left, step left to side, cross step right in front of left (body will be turned 1/8 left)
5-6 Step forward on left, step forward on right
&7 Step left to side (turn 1/8 to right to square off to wall), touch right heel to left instep
&8 Step right to side, touch left heel forward

WEAVE RIGHT, SYNCOPATED WEAVE RIGHT, TOUCH & CLAP

1-4 Step left behind right, step right to side, step left forward and across right, step right to side
5& Step left behind right, step right to side
6& Step left forward and across right, step right to side
7-8 Step left behind right, touch right toes next to left instep & clap

REPEAT

ENDING

You do not need to do this if you use Glenn Rogers version of the song. When this dance debuted at the 2004 Marathon the class decided to sing the ending! It makes it really fun! The original Bobby Bloom song ends with a waltz. So as the music is slowing down you should be facing 12:00 and slow down counts 13-16 (Kick, Cross, Back, Side, Cross). This is where you can sing "Oh what a beautiful morning"