

Mr. Know-It-All

拍數: 96 牆數: 4 級數: Intermediate
編舞者: Wei Chih
音樂: Get Over You - Sophie Ellis-Bextor



RIGHT SHUFFLE FORWARD, WALK, WALK, LEFT SHUFFLE FORWARD, WALK, WALK

1&2 Step right forward, step left beside right, step right forward
3-4 Step left forward, step right forward
5&6 Step left forward, step right beside left, step left forward
7-8 Step right forward, step left forward

ROCK, RECOVER, ½ TURN RIGHT SHUFFLE FORWARD, FULL TRAVELING TURN RIGHT, STEP, SLIDE TOUCH

1-2 Rock right forward, recover on left
3&4 Make a ½ turn right stepping right forward, step left beside right, step right forward
5-6 Make a ½ turn right stepping left back (bend both knees slightly so that you look shorter), make a ½ turn right stepping right forward (straighten knees)
7-8 Step left forward (bend both knees slightly so that you look shorter), slide right towards left and touch right toe beside left (by then both the knees already straightened)

ROCK SIDE, RECOVER, BEHIND, ¼ TURN LEFT, PIVOT ¾ TURN LEFT, SHUFFLE RIGHT

1-2 Rock right to right side, recover on left
3-4 Step right behind left, make a ¼ turn left stepping left forward
5-6 Step right forward, make a ¾ turn left (weight ends of left)
7&8 Step right to right side, step left beside right, step right to right side

BEHIND, RECOVER, ¼ TURN LEFT, SWEEP ¼ TURN LEFT, JAZZ BOX

1-2 Rock left behind right, recover on right
3-4 Make a ¼ turn left stepping left forward, on ball of left sweep right toe from back to side and across while turning ¼ turn left
5-6 Rock right across left, recover on left
7-8 Rock right to right side, recover on left (weight on both legs and apart by shoulder length)

BEND BOTH KNEES, UPPER BODY RIGHT ISOLATION, RECOVER, DRAG-BALL-TOGETHER, TAP, TAP, LUNGE-PRESS, RECOVER, TOUCH

1&2 Bend both knees (both hands on the thighs), isolate upper body to right (weight mostly on right), recover weight on left while dragging right toe towards left (knees start to straighten)
3&4 Continue dragging right toe towards left, ball-step on right, step left beside right
5&6 Tap right at right diagonal, tap right at further right diagonal, lunge forward pressing right ball at even further right diagonal
7-8 Spring back from right recovering weight on left while dragging right towards left, touch right toe beside left

¼ TURN RIGHT, ½ TURN RIGHT, ½ TURN SHUFFLE FORWARD, PIVOT ¼ TURN RIGHT, CROSS SHUFFLE

1-2 Make a ¼ turn right stepping right on, make a ½ turn right stepping left back
3&4 Make a ½ turn right stepping right forward, step left beside right, step right forward
5-6 Step left forward, make a ¼ turn right stepping right to right side
7&8 Step left across right, step right beside left, step left across right

RIGHT CROSS ROCK, LEFT CROSS ROCK, ROCK, RECOVER, ¼ TURN ROCK, RECOVER, ¼ TURN ROCK, ¼ TURN RIGHT STEP

- 1&2 Rock right across left, recover on left, step right to right side
- 3&4 Rock left across right, recover on right, step left to left side
- 5&6&7 Rock right in front of left, recover on left, make a ¼ turn right rocking right forward, recover on left, make a ¼ turn right rocking right forward
- 8 Make a ¼ turn right stepping left to left side

RIGHT SAILOR STEP, LEFT SAILOR STEP, HIPS MAKING FIGURE-OF-EIGHT

- 1&2 Step right behind left, step left to left side, step right to right side
- 3&4 Step left behind right, step right to right side, step left to left side
- 5-6 Make a left oval with hips by moving it from normal position to front left diagonal to left to back left diagonal and back to normal position (weight shifts from left and ends on right at the end of the oval)
- 7-8 Do a mirror on the right of count 5-6 (weight ends on left)

SMALL SHIFT FORWARD WITH HIPS, KICK AT "RECLINING TOWER" POSE, BACK, BACK, BACK

- 1&2&3&4 Small step right forward, ball-step left at the back of right (no weight), small step right forward projecting from left, ball-step left at the back of right (no weight), small step right forward, ball-step left at the back of right (no weight), small step right forward projecting from left (move hips forward back following your step movements)
- 5-6 Brush left leg from the back with a slow kick to the front, hold the leg on the air
The leg will give the feeling of "stationery" at the kick position. Both hands are swung in synchrony with the left leg and both open palms are finally facing to the front. Body bends slightly backwards. (music will be at the fifth "go", the long "go")
- 7&8 Ball-step left back, small ball-step right back, small step left back

¼ TURN RIGHT, TOGETHER ¼ TURN LEFT, ¼ TURN RIGHT, TOGETHER ¼ TURN LEFT, ¼ TURN RIGHT, ½ TURN LEFT, TOGETHER ¼ TURN RIGHT, ¼ TURN LEFT, TOGETHER ¼ TURN RIGHT, ¼ TURN LEFT

- 1-2 Make a ¼ turn right stepping right forward (small step), step left foot beside right while turning ¼ turn left
- 3&4 Make a ¼ turn right stepping right forward (small step), step left foot beside right while turning ¼ turn left, make a ¼ turn right stepping right forward (small step)
- 5-6 Make a sharp ½ turn left stepping left forward, step right foot beside left while turning ¼ turn right
- 7&8 Make a ¼ turn left stepping left forward (small step), step right foot beside left while turning ¼ turn right, make a ¼ turn left stepping left forward (small step)

SMALL SHIFT FORWARD WITH HIPS, KICK AT "RECLINING TOWER" POSE, BACK, BACK, BACK

- 1-8 Repeat section 9

¼ TURN RIGHT, TOGETHER ¼ TURN LEFT, ¼ TURN RIGHT, TOGETHER ¼ TURN LEFT, ¼ TURN RIGHT, ½ TURN LEFT, TOGETHER ¼ TURN RIGHT, ¼ TURN LEFT, TOGETHER ¼ TURN RIGHT, ¼ TURN LEFT

- 1-8 Repeat section 10

REPEAT

TAG/INTRO

Use the 16-count tag for intro and at the end of each wall (total 3 walls). After doing the tag at the end of 3rd wall, do the tag again and ends the dance with stepping right to right side after making a ¼ turn left to face the front wall

STEP DIAGONAL, TOUCH, ¼ TURN LEFT SHUFFLE FORWARD, REPEAT

- 1-2 Step right diagonal right forward, touch left beside right
- 3&4 Make a ¼ turn left stepping left forward, step right beside right, step left forward
- 5-8 Repeat the above 4 counts
- 1-8 Repeat the above 8 counts

