

My Annie

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Bill Bader (CAN)
音樂: Polk Salad Annie - Jo-El Sonnier



RIGHT KICK-BALL-CHANGE, TOE, HIP, LEFT KICK-BALL-CHANGE, TOE, HIP

- 1&2 Kick right forward, step ball of right beside left, step left beside right
- 3 Touch right toe forward with right shoulder angled forward
- 4 Lower right heel adding a smooth, strong hip push forward; return right shoulder
- 5&6 Kick left forward, step ball of left beside right, step right beside left
- 7 Touch left toe forward with left shoulder angled forward
- 8 Lower left heel adding a smooth, strong hip push forward; return left shoulder

RIGHT TOE, HIP, LEFT TOE, HIP, 2 HIP ROLLS

- 9 Touch right toe forward with right shoulder angled forward
- 10 Lower right heel adding a smooth, strong hip push forward; return right shoulder
- 11 Touch left toe forward with left shoulder angled forward
- 12 Lower left heel adding a smooth, strong hip push forward; return left shoulder
- 13 Step right forward and roll hips right and forward
- 14 Roll hips left and back
- 15-16 Complete another to the left hip roll

BACK, BACK, TURN ½, FORWARD, KICK-STEP-TOUCH, BRUSH-STEP-TOUCH, BRUSH

- 17 Step right back
- 18 Step left back
- & Step right back turning ½ right (6:00)
- 19 Step left forward
- 20 Low kick right forward
- &21 Hop step right to right side, touch left toe beside right
- 22 Brush left toe forward
- &23 Hop step left to left side, touch right toe beside left
- 24 Brush right toe forward (teaching suggestion: carry on to the next &1.)

BALL-CROSS, SIDE, BEHIND-SIDE-ROCK, CROSS, SIDE, TURN ½, TURN ½

- &25 Step ball of right slightly back, cross step left over right
- 26 Step right to right side
- 27 Cross step left behind right
- &28 Step right to right side, rock sideways onto left
- 29 Cross step right over left
- 30 Step left to left side

On the next 2 steps, complete a full rolling turn to left side:

- 31 Cross step right foot behind left turning ½ right (12:00)
- 32 Cross step left over right turning ½ right (6:00)

RIGHT BACK, ROCK, TRIPLE TURN ½, LEFT BACK, ROCK, TRIPLE TURN ½

- 33 Step right behind left angled right
- 34 Rock forward onto left
- 35&36 Triple turn forward turning ½ left on right-left-right (12:00)
- 37 Step left behind right angled left
- 38 Rock forward onto right
- 39&40 Triple turn forward turning ½ right on left-right-left (6:00)

OUT-OUT, KNEE POP RIGHT, POP LEFT, ¼ LEFT, FORWARD, ½ PIVOT, FORWARD, ¼ PIVOT

&41 Step right back to right, step left to left side with both feet flat on floor

42 Pop right knee in

43 Drop right heel popping left knee in

44 Step left in place turning ¼ left (3:00)

45-46 Step right forward, turn ½ left onto left (9:00)

47-48 Step right forward, turn ¼ left onto left (6:00)

REPEAT
