

My Greek No 1

拍數: 0 牆數: 1 級數: Improver
編舞者: Maria Rask (SWE)
音樂: My Number One - Elena Paparizou



Sequence: A, Tag, A, B, B, A, Counts 33-48, A, B, A

PART A

ROLLING VINES

1-4 Turn ¼ right and step right forward, turn ½ right and step left back, turn ¼ right and step right to side, touch left together

Throw arms in the air

5-8 Turn ¼ left and step left forward, turn ½ left and step right back, turn ¼ left and step left to side, touch right together

Throw arms in the air

MAMBO STEPS

1&2 Step right forward, step left in place, step right together

3&4 Step left back, step right in place, step left together

5&6 Step right to side, step left in place, step right together

7&8 Step left to side, step right in place, step left together

PADDLE FULL TURN LEFT, ROCK STEP, TRIPLE ½ TURN

&1 Hitch right knee, turn ¼ left and touch right to side

&2&3&4 Repeat &1 three more times

5-6 Rock right forward, recover onto left

7&8 Triple in place turning ½ right stepping right, left, right (6:00)

PADDLE FULL TURN RIGHT, ROCK STEP TRIPLE ½ TURN

&1 Hitch left knee, turn ¼ right and touch left to side

&2&3&4 Repeat &1 three more times

5-6 Rock left forward, recover onto right

7&8 Triple in place turning ½ left stepping left, right, left (12:00)

Restart from here the third Part A

RIGHT VAUDEVILLE; LEFT VAUDEVILLE & CROSSES

1&2 Cross right over left, step left to side, touch right heel diagonally forward

&3&4 Step right together, cross left over right, step right to side, touch left heel diagonally forward

&5&6 Step left together, cross right over left, step left to side, cross right over left

&7&8 Step left to side, cross right over left, step left to side, cross right over left

SIDE ROCK, BEHIND SIDE CROSS HEEL BALL CROSSES

1-2 Rock left to side, recover onto right

3&4 Cross left behind right, step right to side, cross left over right

5&6 Touch right heel forward, step right together, cross left over right

7&8 Touch right heel forward, step right together, cross left over right

TAG

1-2 Step right forward, turn ½ left (weight to left)

3-4 Step right forward, turn ½ left (weight to left)

5-8 Step right over left, step left back, step right to side, step left together

PART B

Hold your friends' hands up in the air "the Greek way"

SIDE TOGETHER SIDE TOGETHER HEEL HOOK HEEL FLICK & STOMPS

1-4 Step right to side, step left together, step right to side, step left together
5&6& Touch right heel forward, hook right over left, touch right heel forward, flick right foot back
7&8 Stomp right together, stomp left in place, stomp right in place

1-4 Step left to side, step right together, step left to side, step right together
5&6& Touch left heel forward, hook left over right, touch left heel forward, flick left foot back
7&8 Stomp left together, stomp right in place, stomp left in place

FINISH

In section 6, leave left out the last "heel ball cross" and replace it with:

1 Step right to side and throw your arms up
