

New York To L.A.

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Lisa Strong (CAN), Ember Schira (CAN) & Bill Bader (CAN)
音樂: From New York to L.A. - Patsy Gallant



INTRO

The dance begins after 32 strong beats, but starting during the soft introduction we have this fun option. Keep in mind that L.A. is on the WEST Coast (left on the map) and New York is on the EAST Coast (right). In the introduction when she says "L.A.", point both hands to the left and downward. When she says "New York", point to the right and upward. Just before the dance starts, she sings a high "WOOOOO", so raise both hands, gospel style.

4 "POLKA STEPS" IN THE SHAPE OF A 4-POINT STAR (DIAMOND SHAPE)

These are 4 triple steps turning $\frac{1}{4}$ left with each first step:

- 1&2 Hop step left forward to left diagonal turning $\frac{1}{4}$ left, step ball of right beside, step left beside
- 3&4 Hop step right back to right diagonal turning $\frac{1}{4}$ left, step ball of left beside, step right beside
- 5&6 Hop step left forward to left diagonal turning $\frac{1}{4}$ left, step ball of right beside, step left beside
- 7&8 Hop step right back to right diagonal turning $\frac{1}{4}$ left, step ball of left beside, step right beside

LEFT SIDE-TOGETHER-SIDE, CROSS, ROCK, SIDE RIGHT, CROSS, ROCK, SIDE LEFT

- 1&2 Step left to left side, step right beside, step left to left side
- 3-4 Cross step right over left, rock back onto left
- 5-6 Step right to right side, cross step left over right
- 7-8 Rock back onto right, step to left side

JAZZ BOX FINISHING WITH A CROSS OVER

- 1-2 Cross step right over left, step left back
- 3-4 Step right to right side, cross step left over right

SIDE RIGHT, SLIDE TOGETHER, LEFT BACK, ROCK FORWARD

- 5-6 Big step right to right side, slide left toe beside
- 7-8 Step left back, rock forward onto right * on wall 6: restart now.

FORWARD ON LEFT TURNING $\frac{1}{4}$ RIGHT, SLIDE TOGETHER, RIGHT BACK, ROCK FORWARD

- 1-2 Step left forward turning $\frac{1}{4}$ right, slide right toe beside
- 3-4 Step right back, rock forward onto left

DIAGONAL FORWARD RIGHT, TOUCH, DIAGONAL FORWARD LEFT, TOUCH

- 5-6 Diagonal step right forward, touch left toe beside
- 7-8 Diagonal step left forward, touch right toe beside

DIAGONAL BACK RIGHT, TOUCH, FULL COUNT COASTER (BACK, TOGETHER, FORWARD), TOUCH BESIDE

- 1-2 Diagonal step right back, touch left toe beside
- 3-4 Step left back, step right beside
- 5-6 Step left forward, touch right beside

TRIPLE SIDE RIGHT TURNING $\frac{1}{4}$ RIGHT, ROCK FORWARD, BACK, TRIPLE BACK TURNING $\frac{1}{2}$ LEFT, FORWARD, $\frac{1}{2}$ PIVOT

- 1&2 Triple to right side on right-left-right turning $\frac{1}{4}$ right (gradual $\frac{1}{4}$ turn on the 3 steps)
- 3-4 Step left forward, rock back onto right
- 5&6 Triple back on left-right-left turning $\frac{1}{2}$ left

7-8 Step right forward, pivot turn $\frac{1}{2}$ left onto left

FORWARD TURNING $\frac{1}{4}$ LEFT (STARTING A RIGHT VINE), BEHIND, $\frac{1}{4}$ RIGHT, FORWARD, $\frac{3}{4}$ PIVOT, TOUCH

1-2 Step right forward turning $\frac{1}{4}$ left (starting a right vine), cross step left behind right

3-4 Step right to right side turning $\frac{1}{4}$ right, step left forward

5-6 Pivot turn almost $\frac{3}{4}$ * right onto right, touch left beside

We under-rotate this turn because of the start

Option for an easier ending (not the official choreography): sub these moves for the last 4 counts:

3-4 Step right to right side, cross step left over right

5-6 Rock step back onto right, touch left toe beside

REPEAT

TAG

At end of walls 2 and 4 add 2 polka steps to the sides as follows:

1&2 Polka step left-right-left off to left side (like normal starting counts 1&2 but do not turn.)

3&4 Polka step right-left-right to the right side

RESTART

On wall 6, dance the first 24 counts and then restart (same wall).

SEQUENCE:

Wall 1: normal 52

Wall 2: long (56) where the tag is added facing the back wall

Wall 3: normal 52

Wall 4: long (56) where the tag is added facing the front wall

Wall 5: normal 52,

Wall 6: short wall (24) on the 3:00 wall. Restart on the 3:00 wall

Then all remaining walls will be normal 52.
