

Next Dance

拍數: 32 牆數: 4 級數: Intermediate
編舞者: John Robinson (USA)
音樂: I've Got the Next Dance - Deniece Williams



WALK FORWARD RIGHT-LEFT, RIGHT FORWARD MAMBO, WALK BACK LEFT-RIGHT, LEFT TAP BEHIND RIGHT, LEFT SIDE STEP

- 1-2 Step right forward, step left forward
- 3&4 Right rock forward ball of foot, recover weight to left, right step next to left
- 5-6 Step left back, step right back
- 7-8 Left toe tap behind right foot opening body to left diagonal, towards 10:00, left step side left (towards 9:00) turning body forward to 12:00

RIGHT SAILOR STEP TURNING ¼ RIGHT, LEFT KICK & RIGHT TOUCH SIDE RIGHT, RIGHT SAILOR STEP LEFT FORWARD HEEL TWIST

- 1&2 Pivot ¼ right (towards 3:00) stepping ball of right foot behind left, left step ball of foot in place, right step side right
- 3&4 Left kick forward, left step next to right, right toe point side right
- 5&6 Right step ball of foot behind left, left step ball of foot side left, step right forward
- &7&8 Touch ball of left foot forward with heel turned out, turn left heel in, turn left heel out, turn left heel in

LEFT STEP FORWARD, RIGHT FORWARD ROCK, RECOVER, RIGHT SIDE SHUFFLE TURNING ¼ RIGHT, LEFT STEP ACROSS RIGHT, RIGHT KICK, WEAVE LEFT

- 1 Step left forward
- 2-3 Right rock forward ball of foot, recover weight to left
- 4&5 Pivot ¼ right (towards 6:00) stepping right foot side right, left step next to right, right step side right
- 6-7 Left step across right, right kick forward diagonally right towards 7:30
- 8&1 Right step behind left on ball of foot, left step side left on ball of foot, right step across left

LEFT SIDE STEP, RIGHT TOUCH, RIGHT TRIPLE FORWARD TURNING ¼ RIGHT, LEFT SYNCOPATED ROCKS (FORWARD & BACK & FORWARD)

- 2-3 Left step side left, right touch next to left
- 4&5 Pivot ¼ right (towards 9:00) stepping right foot forward, left step forward instep to right heel, step right forward
- 6&7& Right rock forward ball of foot, recover to left, right rock back ball of foot, recover to left
- 8 Step right forward

REPEAT

TAG

The second and third time that you finish the dance facing the 9:00 wall, add a 3-count "C-bump" before starting again

- 1& Right touch forward bumping hips up to the right, bump hips down to the left
- 2& Bump hips down to the right, bump hips up to the left
- 3-4 Bump hips up to the right, hold

The song will go off phrase slightly at the very end with less than 30 seconds left. Just dance through it