

No Sweat Chet

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Su Marshall (NZ)
音樂: Ode to Chet - Clint Black



Sequence: A, TAG, ABA, ABA, BA, BA

PART A

WALK RIGHT FOOT OUT, HOLD, HEEL & TURN, HOLD, TOE DOWN, HOLD

- 1 (Weight over left foot) leave right toe in place & move right heel to side
- 2 Leave heel in place & move toe to side
- 3 Leave toe in place & move heel to side

Your right foot should have "walked" out to right side

- 4 Hold

5-6 lift right toe off ground & to right side (head & shoulders should also face right side), hold

- 7-8 Lower toe to ground & facing front (head & shoulders also), hold. (weight should be centered)

WALK LEFT FOOT IN, HOLD, HEEL & TURN, HOLD, TOE DOWN, HOLD

- 1 (Weight over right foot) leave left heel in place & move left toe to right side
- 2 Leave toe in place & move heel to side
- 3 Leave heel in place & move toe to side

Your left foot should have "walked" in to meet the right foot

- 4 Hold

5-6 Lift left toe off ground & to left side (head & shoulders should also face left side), hold

- 7-8 Lower toe to ground & facing front (head & shoulders also), hold

CROSS TOE STRUT, HEEL STRUT, CROSS TOE STRUT, HEEL, HOLD

- 1-2 Step right toes across left foot, step down on whole of right foot (crossing "toe strut")
- 3-4 Step left heel to left side, step down on
- 5-6 Whole of left foot (side "heel strut") crossing toe strut with right
- 7-8 Tap left heel to left side, hold

CROSS BEHIND, STEP, HEEL TAP SIDE, HOLD, CROSS BEHIND, HEEL TAP SIDE, CLOSE

- 1-2 Cross left behind right, step down onto right
- 3-4 Tap left heel to left side, hold
- 5-6 Cross left behind right, step down onto right
- 7-8 Tap left heel to left side, close left to right

Head should look to left when heel is out & whole move should happen basically on the spot

PART B

The holds are to "slow" it down to ½ time

STEP, HOLD, ¼ TURN, HOLD (WITH ARMS), STEP, HOLD, CLOSE, HOLD

- 1-2 Step forward on right (right arm goes straight out in front, palm up), hold
- 3-4 ¼ turn to the left (transferring the weight to left), (right arm stays where it is, i.e. Ends up out to right side, while hand flips over & up into "stop" position, head is looking to right side), hold
- 5-6 Step forward on right (arm comes back to normal position, head to face front), hold
- 7-8 Close left to right, hold

STEP, HOLD, ¼ TURN, HOLD (WITH ARMS), STEP, HOLD, CLOSE, HOLD

- 1-8 Repeat previous 8 counts as above

SLOW ROLLING TURN WITH CLAP, SIDE, HOLD, SLIDE, HOLD, SIDE, HOLD, SLIDE, HOLD

- 1-2 ¼ turn to the left & step forward onto left, hold
- 3-4 ½ turn to the left & step back on right, hold
- 5-6 ¼ turn to the left & step left to side, hold
- 7-8 Close right to left & clap, hold
- 9-10 Step right to side (arms at sides & tilt shoulders down to right slightly), hold
- 11-12 Slide left foot to close (straighten shoulders up again), hold
- 13-16 Repeat these last 4 counts

1-16 Repeat first 16 counts of Part B

ROCK, RECOVER, CLOSE, HOLD, ROCK, RECOVER, CLOSE, HOLD, SCOOT BACK WITH TOE TAP, HOLD, SCOOT BACK, HOLD, STEP BACK, STEP, CLOSE, HOLD

- 1-2 Step-rock left to side, rock back onto right
- 3-4 Close left, hold
- 5-6 Step-rock right to side, rock back onto left
- 7-8 Close right, hold
- &9-10 Hop back on left foot & tap right toe behind (keeping close to ground - "scoot" with toe tap), hold
- &11-12 Repeat scoot with toe tap, hold
- 13-14 Step back on right & tap left heel forward, step forward onto left
- 15-16 Close with right, hold

TAG

STEP, ½ TURN, STEP, ½ TURN, JUMP SIDE, CLICK

- 1-2 Step forward on right, ½ turn to the left on ball of left foot (these 2 counts form a "pivot" turn)
 - 3-4 Repeat pivot turn
 - 5-6 Jump to right side (keeping it small & leading with right foot), click both sets of fingers at about waist height. (or whatever is comfy for you)
-