

Notorious

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sheila Smith (CAN), Dee Cresdee (CAN) & Ember Schira (CAN)
音樂: Wear And Tear On My Heart - George Fox



This dance won first place for choreography at "Cowichan Goes Country"

STEP, TOUCH, SCOOT BACK, BACKWARD LEFT LOCK STROLL, BALL, STEP, SCOOT FORWARD

- 1-2& Step right forward, touch left toe behind right heel, scoot backward on right foot while lifting left heel
- 3-4-5 Back left lock stroll (step left back, slide right foot to left side of left foot, step back left)
- 6-7-8 Step toe/ball of right foot backward and to right of left foot (not a lock stroll--weight transfer), step left in place, scoot forward on left while hitching right knee up

RIGHT SHUFFLE, LEFT SHUFFLE, TOUCH RIGHT, TOUCH LEFT, TOUCH LEFT FORWARD AND LEFT SIDE

- 9&10 Right shuffle forward (right, left, right)
- 11&12 Left shuffle forward (left, right, left)
- 13&14 Touch right to right side, jump right foot into left, touch left foot to left side
- 15-16 Touch left foot in front of right, touch left foot to left side

CROSS, TOUCH, CROSS, TOUCH, HEELS, TOES, SWIVET LEFT, 2 PIVOT TURNS, VINE LEFT (¼ TURN), SCUFF

- 17-18 Step left behind right, touch right to side (clap)
- 19-20 Step right behind left, touch left to side (clap)
- 21-22 Slide left foot into right while swiveling heels to right, swivel toes to right
- 23-24 Left swivet (with weight on left heel and right toe swivel left toe to left and right heel to right, return to neutral position with weight on both)
- 25&26 Step forward onto left foot, pivot ½ turn to right, replace weight onto right
- 27&28 Repeat 25&26
- 29-30-31-32 Vine to left (left, right, left with a ¼ turn to left, scuff right heel (now facing 3:00))

SHUFFLE RIGHT, LEFT, RIGHT, "HEEL THING"--HEEL OUT, HEEL IN, HEEL OUT AND IN

- 33&34 Shuffle forward right, left, right
- 35-36 Plant left toe slightly in front of right foot with heel twisted out and raised, place left heel down
- 37-38 With left toe still firmly planted, raise and twist left heel in, place left heel down
- &39&40 With left toe firmly planted, raise and swivel left heel out, place heel down, raise left heel and swivel in, place left heel down

BALL STEP, PIVOT, STEP, PIVOT, ½ JAZZ BOX, STOMP (UP), CLAP

- &41&42 Step ball/toe of left foot beside right, step forward right, pivot ¼ turn to left, replace weight onto left
- 43&44 Repeat 41&42 ending with weight on left foot
- 45-46 Step right foot across left, step left foot straight back from right foot
- 47-48 Stomp right foot beside left, clap

REPEAT