

O'kaysions

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michele Perron (CAN)
音樂: Hey Mr. DJ - Van Morrison



WALK, WALK, & LOCK, TURN, BACK, BACK, & FORWARD, SLIDE/STEP

1-2 Right, left steps forward
&-3 Right toe/ball step forward; left toe/ball lock/step behind and right of right
4 Execute ½ turn left with right step (6:00)
5-6 Left swivel/step back; right swivel/step back
&-7-8 Left step back; right heel forward; left slide/step beside right

On counts &3, bend both knees with a lean back from waist (arch back)

On count 7, lean back, (no arch), both arms held out front

On count 8, pull arms in (bend elbows)

TOE "SWITCHES": SIDE & SIDE & FORWARD & FORWARD & KNEE & KNEE, TWIST & TWIST

1& Right toe touch to side right; right step beside left
2& Left toe touch to side left; left step beside right
3& Right toe touch forward; right step beside left
4& Left toe touch forward; left step beside left
5& Right knee 'hitch'; right step beside left
6& Left knee 'hitch'; left step beside right
7&8 Swivel/twist both heels to left; return to center, swivel/twist both heels to left with ¼ turn right (9:00)

On 'hitch', bend knee of weighted foot and drop shoulder to bent knee side

KICK-BALL-STEP, TWIST/TURN, TWIST/TURN: REPEAT

1&2 Right kick forward, right toe/ball step slightly back, step left forward (feet apart)
3-4 Execute ¼ turn right with swivel/twist to left; execute ¼ turn right with swivel/twist to left (3:00)
5&6 Right kick forward, right toe/ball step slightly back, step left forward (feet apart)
7-8 Execute ¼ turn right with swivel/twist to left; execute ¼ turn right with swivel/twist to left (9:00)

BACK-TOGETHER-FORWARD (RIGHT COASTER), SIDE-TOGETHER-ACROSS (LEFT SCISSOR), STUTTER STEPS (FORWARD & BACK &): REPEAT

1&2 Right toe/ball step back, left toe/ball step beside right, step right forward
3&4 Left toe/ball step to side left, right toe/ball step beside left, left step across front of right, facing diagonal right
&5 Right toe/ball step forward; left recover/step back
(Counts &5 facing diagonal right)
&6 Execute 1/8 turn right with right toe/ball step back; left recover/step forward (12:00)
&7 Right toe/ball step forward; left recover/step back
&8 Execute ¼ turn right with right toe/ball step back; left recover/step forward (3:00)

REPEAT