

Old Macheath

拍數: 64 牆數: 2 級數: Improver foxtrot
編舞者: Sue Morgan
音樂: Mack the Knife - Robbie Williams



LOCK SHUFFLE, WHOLE TURN

1-4 (QQS) Step forward right, lock left behind right, step forward right, hold
5-8 (QQS) Make a whole turn on the spot, stepping - left, right, left, hold

RIGHT TOE TOUCHES, COASTER STEP

1-4 Touch right toe to side, touch right toe beside left, touch right to side, hold
5-8 (QQS) Step back right, step left beside right, step forward right, hold

½ TURN SHUFFLES

1-4 (QQS) Travel forward making ½ turn right, stepping - left, right, left, hold
5-8 (QQS) Travel forward making ½ turn right, stepping - right, left, right, hold

ROCK STEPS FORWARD AND BACK

1-2 (QQ) Rock forward on left, rock back on right
3-4 (QQ) Step back on left, step back on right
5-8 (QQS) Rock back on left, rock forward on right, step forward on left, hold

SIDE STEPS, STEPS BACK WITH CLAPS

1-4 (QQS) Step right to side, step left beside right, step right to side, clap
5-6 (S) Step left back (angle your body to the left side), clap
7-8 (S) Step right back (angle your body to the right side), clap

TOE POINTS WITH WEAVE

1-2 Touch left toe to side, step left beside right
3-4 Touch right toe to side, step right across left
5-6 Step left to side, step right behind left
7-8 Touch left toe to side, step left behind right

MONTEREY TURN, KICKS

1-2 Touch right to right side, on ball of left make ½ turn right, stepping right beside left
3-4 Touch left to left side, step left beside right
5-6 Kick right forward, step right beside left
7-8 Kick left forward, step left beside right

SLOW JAZZ BOX WITH CLICKS

1-2 (S) Step right forward, swing arms to right and click
3-4 (S) Step left across right, swing arms to left and click
5-6 (S) Step right back, swing arms to right and click
7-8 (S) Step left beside right, swing arms to left and click

REPEAT

OPTIONAL

Swing shoulders and hips throughout the dance