

Pa-leeze

拍數: 64 牆數: 2 級數: Improver
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音樂: Please Please - Scooter Lee



2 JAZZ BOXES (DANCED WITH A TOE-FLAT ACTION) EACH TURNING ¼ RIGHT

- 1-4 Cross right over left with toe or ball, flatten right heel, step left back with toe and start to turn ¼ to right, flatten left heel
- 5 Step right to right side with ball - completing the ¼ turn to right if necessary(5)
- 6-8 Flatten right heel, step left forward with ball, flatten left heel
- This should complete 1 jazz box done with a toe-heel step turning ¼ to right**
- 1-8 Repeat jazz box turning ¼ to right - same as above

TOE-HEEL CROSS, HOLD, TOE-HEEL CROSS, HOLD

- 1-4 Touch right toe in to left instep, touch right heel to right side, cross right over left, hold
- 5-8 Touch left toe in to right instep, touch left heel to left side, cross left over right, hold

Note: Allow the weighted foot to swivel naturally as you do toe heel cross

TOE-HEEL CROSS INTO TRAVELING CROSS HEEL GRINDS, STEP KICK

- 1-2 Touch right toe in to left instep, touch right heel to right side
- 3 Place right heel forward & across left foot with weight. Your body will have to turn to the left slightly to do this. Right toe will point slightly to the left
- 4 Step left to left side & point right toe to right side. The toe fan will occur naturally as you step to the side with your left foot
- 5-6 Repeat counts 3-4 (heel cross, grind as you step side with left)
- 7-8 Step right forward and across left (diagonally to left), kick left forward (to left corner)

WEAVE RIGHT, KICK, WEAVE LEFT, KICK

- 1-4 Step left back, step right to right side, cross left over right, kick right forward diagonally to right corner

Body is angled 45 degrees to right

- 5-8 Step right back, step left to left side, cross right over left, kick left forward diagonally to left corner

Body is angled 45 degrees to left

BACK, SIDE, CROSS, FORWARD, FORWARD, WITH A TOTAL OF ¼ TURN RIGHT

- 1-2 Step left diagonally back, step right to right side (square off to wall)
- 3-4 Step left forward and across right, hold (1/8 right of center)
- 5-8 Turning 1/8 right step right forward, hold, step left forward, hold

1 SIDE-TOGETHER RIGHT, 1 SIDE-TOGETHER LEFT, 2 SIDE-TOGETHERS RIGHT

- 1-4 Step right to right side, touch left next to right, step left to left side, touch right next to left
- 5-8 Step right to right side, step left next to right, step right to right side, touch left next to right

1 SIDE-TOGETHER LEFT, 1 SIDE-TOGETHER RIGHT, 1 & ¼ TURN LEFT, BRUSH

- 1-4 Step left to left side, touch right next to left, step right to right side, touch left next to right
- 5-8 Turn ¼ left and step left forward & turn ½ left, step right back turning ½ left, step left forward, brush right toe forward

REPEAT