

Pacing And Retracing

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Pepper Siquieros (USA)
音樂: I Should Be Sleeping - Emerson Drive



Sequence: Do the dance twice, add the four count tag, do the dance two more times, do the first 16 counts of the dance and then restart from the beginning of the dance and continue to end of music

KICKS & TOUCHES MOVING FORWARD, HEEL SWIVELS

- 1&2 Kick right foot forward, step forward on right foot, point left foot to left side and snap fingers
3&4 Kick left foot forward, step forward on left foot, point right foot to right side and snap fingers
5&6 Kick right foot forward, step forward on right foot, step left foot next to right foot shoulder width apart
&7&8 Swivel heels to left, center, left, center (weight on left foot)

Style: raise right shoulder and lower left as you twist left bring shoulders back to level as you twist center

KICK RIGHT MONTEREY TURN, SYNCOPATED ROCKS, SYNCOPATED WEAVE LEFT

- 1&2 Kick right foot out to right side, turn $\frac{1}{2}$ right and step down on right foot, touch left foot out to left side
3&4& Cross rock left foot over right foot, recover to right foot, rock left foot out to left side, recover to right foot
5&6&7&8 Cross left foot behind right foot, step right foot to right side, cross left foot over right foot, step right foot to right side, cross left foot behind right foot, step right foot to right side, step left foot next to right foot

KICK & TOUCH TWISTS MOVING LEFT, LEFT MONTEREY

- 1&2& Kick right leg diagonally forward and across left leg twisting body slightly to left, twist body back to center and step right foot next to left foot, twist body slightly right & turn left knee in to touch left toe next to right instep, twist body back to center and step left foot to left side
3&4& Repeat 1&2&
5&6 Repeat 1&2
7-8 Point left foot out to left side, make $\frac{1}{2}$ turn left and step down on left foot

SHUFFLE FORWARD, ROCK & HALF TURN, RONDE' TURN, COASTER STEP

- 1&2 Shuffle forward right, left, right
3&4 Rock forward on left foot, recover weight back to right foot, turn body $\frac{1}{2}$ to left and step forward on left foot
5-6 Use momentum to spin full turn to left on left foot pointing right foot out to side as you turn, bring right foot in and step next to left foot as you complete the spin. Non-spinners can do a rock forward on right foot, recover left foot, step together right foot for counts 5&6
7&8 Step back on left foot, step right foot back next to left foot, step forward on left foot

REPEAT

TAG

Done at the end of second wall

- 1-4 Step forward on right foot, pivot $\frac{1}{2}$ left and snap fingers, step forward on right foot, pivot $\frac{1}{2}$ left and snap fingers

RESTART

The fifth time you do the dance, do first 16 counts of the dance then restart from the beginning.