Pillow Talk



拍數: 32 編數: 2 級數: Intermediate

編舞者: Carole Daugherty (USA) 音樂: Super Sex World - One Ton



CROSS, POINT, CROSS-CHA-CHA, 1/4 TURN SWAY, BEHIND-SIDE-POINT

1-2	Step left foot across rig	aht foot, point rial	nt toes to right side

Step right foot across left, step in place on ball of left, step down on right foot

Fush off right foot turning ¼ left to step out on left foot, sway right taking weight

Step ball of left behind right foot, step right on right foot, touch left toes out left

PANAMA JACKS: STEP-POINT-WEIGHT-TUCK, STEP-POINT-SWITCH-POINT, WEIGHT-TUCK-STEP-POINT, STEP-BALL-KICK WITH 1/4 RIGHT-TOE POINT

&1&2 Step left foot behind right foot, touch right toes straight forward, draw right foot back taking

weight, press toes of left foot into floor tucking left shin against right calf

&3&4 Step left foot behind right, touch right toes straight forward, draw right foot back taking

weight, touch left toes straight forward

&5&6 Draw left foot back slightly taking weight, press toes of right into floor tucking right shin

against left calf, step down on right foot, touch left toes straight forward

&7&8 Draw left foot back taking weight, press toes of right foot into floor tucking right shin against

left calf, turn 1/4 right on right foot kicking left foot forward, hitch bending left knee to point toes

at floor

Styling: these steps have a rhythm similar to heel jacks but Cuban styling, no bounce-more hip

WEAVE RIGHT: CROSS, SIDE, BEHIND-SIDE-TOUCH, ½ TURN LEFT, ¼ TO THE RIGHT SYNCOPATED ARC

1-2 Step left foot across right, step right on right foot

3&4 Step left foot behind right, step slightly right on right, touch left toes next toe right foot with

bent knee

5 Turn sharply ½ left on ball of right foot

6&7&8 Traveling in a to the right arc: step left foot down over right, step right foot slightly right of left

heel turning 1/8 left, step left foot across right, step right foot diagonally back turning 1/8 left,

step left forward across right

STEP-LOCK-STEP, STEP, TRIPLE 360, ROCK-BALL-STEP, WALK, 1/4 PIVOT

1&2 Step forward on right foot, lock left foot behind right, step forward on right

3-4 Prep forward on left foot, turn ½ right on right toes, turn ½ right on left toes w right toes

touched slightly forward

5&6 Rock ball of right foot behind left, recover on left foot, step forward right on right foot

7-8 Step forward on left foot, turn ¼ right stepping on right foot

Option: step forward on left foot, spiral on ball of left foot 1 1/4 right landing on right foot

REPEAT