

Pour Me

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Amanda Harvey-Tench (UK)
音樂: Pour Me - Trick Pony



Sequence: AA, BB, AA, BBBB, AA, B, A

The first two counts of the dance start on the first two words of the song

PART A

HOLDS & HIP BUMPS (X 3), JAZZ BOX

1-2 Step right foot to right side, hold,
3-4 Bump hips to the right, bump hips to the left
5-6 Hold, hold
7-8 Bump hips to the right, bump hips to the left
9-10 Hold, hold
11-12 Bump hips to the right, bump hips to the left
13-14 Cross right over left, step back on left
15-16 Step right to right side, close left beside right

RIGHT SHUFFLE FORWARD, ROCK STEP, LEFT SHUFFLE BACK, ROCK STEP, KICKS (X 4)

17&18 Right shuffle forward
19-20 Rock forward on left, rock back on right
21&22 Left shuffle back
23-24 Rock back on right, rock forward on left
25-26 Kick right foot across left, step slightly forward on right
27-28 Kick left foot across right, step slightly forward on left
29-30 Kick right foot across left, step slightly forward on right
31-32 Kick left foot across right, step slightly forward on left

TOE, HEEL, CROSS (TWICE), UNWIND ½ TURN RIGHT, HOLD

33-34-35 Touch right toe next to left, touch right heel next to left, cross right over left
36-37-38 Touch left toe next to right, touch left heel next to right, cross left over right
39-40 Unwind ½ turn to the right (keeping weight on left foot), hold

PART B

RIGHT LOCK STEP FORWARD, SCUFF, STEP FORWARD, PIVOT ½ TURN RIGHT, STEP FORWARD, CLAP

1-2 Step forward on right, lock left behind right
3-4 Step forward on right, scuff left foot
5-6 Step forward on left, pivot ½ turn right
7-8 Step forward on left, clap

DWIGHT SWIVELS (TRAVELING TO THE RIGHT), SIDE ROCK, CROSS BEHIND, SIDE STEP

9 Touch right toe next to left (swiveling left heel to right)
10 Touch right heel next to left (swiveling left toe to right)
11 Touch right toe next to left (swiveling left heel to right)
12 Touch right heel next to left (swiveling left toe to right)
13-14 Rock right foot to right side, recover weight on to left
15-16 Cross right foot behind left, step left to left side

TOUCH, KICK, CROSS (TWICE), ROCK STEP

17-18-19 Touch right toe beside left, kick right foot out at 45o angle, cross right over left

20-21-22 Touch left toe beside right, kick left foot out at 45o angle, cross left over right
23-24 Rock back on right foot, rock forward on to left

STEP FORWARD, PIVOT ½ TURN, STEP FORWARD, HOLD (TWICE)

25-26 Step forward on right foot, pivot ½ turn left
27-28 Step forward on right foot, hold (option: clap)
29-30 Step forward on left foot, pivot ½ turn right
31-32 Step forward on left foot, hold (option: clap)
