

Pull

拍數: 32 牆數: 4 級數: Intermediate west coast swing
編舞者: Michele Perron (CAN)
音樂: Hey ! (So What) - Dannii Minogue



STEP/SLIDE, SLIDE, BEHIND-SIDE-RECOVER (SAILOR): REPEAT

- 1 Right step beside and behind left (in third foot position) and slide/drag left out to side left
2 Slide/drag left in and crossed behind right

You have completed a two count sideways full circle with left

- 3&4 Left crossed behind right, right step rock/step side right, left recover/step side left
5 Right step beside and behind left (in third foot position) and slide/drag left out to side left
6 Slide/drag left in and crossed behind right

You have completed a two count sideways full circle with left

- 7&8 Left crossed behind right, right step rock/step side right, left recover/step side left

Arm action: on counts 1-2 and 5-6: throw both arms out to side left, at waist level; left arm ends straight out, palm facing forward; right arm bends across front of body at waist level, palm facing in

HEEL, HITCH, BEHIND-TURN-ACROSS, TOUCH, SLIDE, TRIPLE SIDE

- 1-2 Right heel diagonal right forward; right knee hitch
3 Right step crossed behind left
& Execute $\frac{1}{4}$ turn left with left step side (9:00)
4 Right step across front of left
5 Left touch side left and slightly diagonal forward
6 Left slide 'in' to touch beside right
7&8 Left triple side left (step side left, right together, step side left)

TURN, PULL, TURN, HITCH, TRIPLE FORWARD, FORWARD, TURN

- 1 Execute $\frac{1}{4}$ turn left with right rock/step back (6:00)
Arms action: extend both arms forward, palms together
2 Pull right arm along left arm and across chest, (right bends), palm faces in, (left arm remains held straight), weight remains on right
3 Execute $\frac{1}{2}$ turn right with left rock/step back; (12:00)
4 Right knee hitch; right arm bends in towards chest, palm facing left
5&6 Right locking triple forward (right forward, left forward and crossed behind right, right forward)
7-8 Left step forward; execute $\frac{1}{4}$ turn right with right step side right (3:00)

ACROSS, TURN, TURN, TURN, HOLD, TURN, HOLD, & FORWARD, HOLD

- 1 Left step across front of right
2 Execute $\frac{1}{4}$ turn left with right step back (12:00)
& Execute $\frac{1}{4}$ turn left with left step side (9:00)
3 Execute $\frac{1}{4}$ turn left with right step forward (6:00)
4 Hold
5 Execute $\frac{1}{4}$ turn right with left step back and crossed behind right (9:00)
6 Hold
&7 Execute $\frac{1}{2}$ turn right with right step forward; left step forward (3:00)
8 Hold

REPEAT

ENDING

Execute count 25 with left step across front of right, facing 12:00 wall. Extend both arms & hit a pose

