

Racy Lacey

拍數: 0 牆數: 2 級數:
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Racy Lacey - Girls Aloud



Sequence: AAB, AABB, AA

PART A

MODIFIED RIGHT JAZZ, RIGHT BACK, ¼ LEFT & LEFT TO SIDE, RIGHT CROSS STEP, LEFT TO SIDE

- 1-4 Cross right over left, step left back, step right to side, cross step left over right
5-8 Step right back, turning ¼ left step left to side, cross step right over left, step left to side

RIGHT ROCK BACK/RECOVER, VINE RIGHT 4, RIGHT SIDE POINT, ½ RIGHT MONTEREY TURN

- 1-4 Rock right back, recover weight on left, step right to side, cross step left behind right
5-8 Step right to side, cross step left over right, point right to side, turning ½ right step right together

LEFT SIDE POINT, LEFT TOUCH TOGETHER, VINE LEFT 3, RIGHT STOMP & FAN

- 1-4 Point left to side, touch left together, step left to side, cross step right behind left
5-8 Step left to side, stomp right together, fan right toes out, fan right toes in (weight remains on left)

¼ RIGHT & FORWARD RIGHT/LEFT TOE STRUTS, RIGHT FORWARD SHUFFLE, ½ RIGHT PIVOT TURN

- 1-2 Turning ¼ right touch right toes forward, step right heel down
3-4 Touch left toes forward, step left heel down
5&6 Step right forward, step left together, step right forward
7-8 Step left forward, pivot ½ right

FORWARD LEFT/RIGHT TOE STRUTS, ½ RIGHT TURNING SHUFFLE, RIGHT ROCK BACK/RECOVER

- 1-4 Touch left toes forward, step left heel forward, touch right toes forward, step right heel forward
5&6 Turning ¼ right step left to side, turning ¼ right step right back, step left back
7-8 Rock right back, recover weight on left

HIP BUMPS

- 1-4 Step right slightly forward bump hips forward 2x, bump hips back 2x
5-8 Bump right hip, left hip, right hip, left hip (weight ends on left)

RIGHT FORWARD, LEFT SIDE POINT, LEFT CROSS STEP, RIGHT DIAGONAL POINT/KICK, BACK 3, LEFT HEEL FORWARD

- 1-4 Step right forward, point left to side, cross step left over right, point right to right forward diagonal (or low kick)
5-8 Step right back, step left back, step right back, touch left heel forward

FORWARD & BACK STEP TOUCHES, LEFT FORWARD, RIGHT TOGETHER, LEFT FORWARD, RIGHT SCUFF

- 1-4 Step left forward, touch right together, step right back, touch left together
5-8 Step left forward, step right together, step left forward, scuff right forward

PART B

Always danced facing front wall

RIGHT FORWARD ROCK/RECOVER, ¼ RIGHT & VINE 2, ½ LEFT HINGE TURN, RIGHT CROSS STEP, HOLD

- 1-4 Rock right forward, recover weight on left, turning $\frac{1}{4}$ right step right to side, cross step left over right
- 5-8 Turning $\frac{1}{4}$ left step right back, turning $\frac{1}{4}$ left step left to side, cross step right over left, hold

LEFT SIDE ROCK/RECOVER, LEFT CROSS STEP, $\frac{1}{2}$ LEFT HINGE TURN, $\frac{1}{4}$ LEFT & RIGHT/LEFT FORWARD, RIGHT SCUFF

- 1-4 Rock left to side, recover weight on right, cross step left over right, turning $\frac{1}{4}$ left step right back
- 5-8 Turning $\frac{1}{4}$ left step left to side, turning $\frac{1}{4}$ step right forward, step left forward, scuff right forward
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