

Saved

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Ian Dunn (AUS)
音樂: Saved - Vika & Linda



Sequence: AB, AB, B, AB, BB

PART A

HOLD, RIGHT FORWARD, LEFT FORWARD, HOLD, HOLD RIGHT BACK, LEFT BACK, HOLD

- 1-2 Hold, stomp right forward at 45 right punching right arm up to the right, (opt smoking action)
3-4 Stomp left forward at 45 left and punching left arm up and to the left, hold (feet apart)
5-6 Hold, stomp right back to center with right arm back at waist height, (opt drinking action)
7-8 Stomp left back and to center with left arm back at waist height, hold (feet together)

HOLD, RIGHT FORWARD, HOLD, LEFT FORWARD, KNEE SWAY RIGHT-LEFT-RIGHT-LEFT

- 1-4 Hold, stomp right forward at 45 right, hold, stomp left forward at 45 left, (feet apart, opt hand actions)
5&6 Sway knees to right & forward (lift heels), center, left & forward, (drop & lift heels)
&7-8 Center, right & forward (drop & lift heels), $\frac{1}{4}$ turn pivot right (weight on left, right toe raised)

HEEL BALL, STEP $\frac{1}{4}$ RIGHT, HEEL BALL, STEP $\frac{1}{4}$ RIGHT

- 1&2-3-4 Place left heel forward, step left back, forward on right, touch left forward, pivot $\frac{1}{4}$ turn right
5&6-7-8 Place left heel forward, step left back, forward on right, touch left forward, pivot $\frac{1}{4}$ turn right

HEEL BALL, STEP $\frac{1}{4}$ RIGHT, HEEL BALL, ROCK FORWARD, RETURN

- 1&2-3-4 Place left heel forward, step left back, forward on right, touch left forward, pivot $\frac{1}{4}$ turn right
5&6-7-8 Place left heel forward, step left back, forward on right, rock forward on left, return weight to right (optional hand waves, open palms shoulder height)

TRIPLE $\frac{1}{2}$, PIVOT $\frac{1}{2}$, WALK RIGHT-LEFT-RIGHT, TAP

- 1&2-3-4 Half turn left stepping left-right-left, touch right forward $\frac{1}{2}$ pivot left
5-6-7-8 Walk forward right-left-right, tap left toe behind right.

BACK LEFT-RIGHT, COASTER, PIVOT $\frac{1}{2}$, WALK RIGHT-LEFT

- 1-2-3&4 Walk back left-right, step back on left, right together, left forward
5-6-7-8 Touch right forward, pivot $\frac{1}{2}$ turn left, walk right-left

PART B

RIGHT DOROTHY, LEFT DOROTHY, RIGHT DOROTHY, LEFT DOROTHY

- 1-2& Long step right forward at 45 degrees, lock left behind right, right to right, (opt. Waving hands)
3-4& Long step left forward at 45 degrees, lock right behind left, left to left, (opt. Waving hands)
5-6& Long step right forward at 45 degrees, lock left behind right, right to right, (opt. Waving hands)
7-8& Long step left forward at 45 degrees, lock right behind left, left to left. (opt. Waving hands) (optional palm waves at approx. Shoulder height)

ROCK, RETURN, TRIPLE $\frac{1}{2}$, FULL TURN, FORWARD

- 1-2-3&4 Rock forward right, back onto left, turn $\frac{1}{2}$ turn right stepping right-left-right
5-6-7-8 Full turn right stepping left-right-left, step right forward

LEFT DOROTHY, RIGHT DOROTHY, LEFT DOROTHY, RIGHT DOROTHY

- 1-2& Long step left forward at 45 degrees, lock right behind left, left to left, (opt. Waving hands)
3-4& Long step right forward at 45 degrees, lock left behind right, right to right, (opt. Waving hands)
5-6& Long step left forward at 45 degrees, lock right behind left, left to left, (opt. Waving hands)
7-8& Long step right forward at 45 degrees, lock left behind right, right to right. (opt. Waving hands) (optional palm waves at approx. Shoulder height,)

VINE LEFT, KICK, VINE RIGHT, KICK

- 1-2-3-4 Left to left, right behind left, left to left, kick right at 45 degrees right
5-6-7-8 Right to right, left across right, right to right, kick left at 45 degrees left

VINE LEFT, KICK, VINE RIGHT, ½, FORWARD

- 1-2-3-4 Left to left, right behind left, left to left, kick right at 45 degrees right
5-6-7-8 Right to right, left across right, right to right pivoting ½ left on right, step left forward

KICK, BACK, TOUCH, FORWARD, KICK, BACK, TOUCH, FULL TURN

- 1-2-3-4 Kick right forward, step back on right, touch left back, left forward
5-6-7-8 Kick right forward, step back on right, touch left back, pivot a full turn left and weight onto left
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