

September

拍數: 32 牆數: 4
編舞者: Jo Thompson Szymanski (USA)
音樂: September - Earth, Wind & Fire



(40 Count Intro) - (No Tags or Restarts)

[1-8] □ STEP TOUCH X 4 TIMES MOVING DIAGONALLY FORWARD

1-2 Step R to right forward diagonal; Touch L beside R (clap)
3-4 Step L to left forward diagonal; Touch R beside L (clap)
5-6 Step R to right forward diagonal; Touch L beside R (clap)
7-8 Step L to left forward diagonal; Touch R beside L (clap)

Styling on the above 8 counts: Get funky! I like to lead with my R hip on 1-2 then L hip on 3-4; etc. Allow the body to face slightly left on 1-2; face slightly right on 3-4; etc

[9-16] □ CROSS, BACK, SYNCOPATED BALL CROSSES MOVING BACK, CROSSING TRIPLE

1-2 Square up: Step R across L; Step L back
&3-4 Small step with ball of R to right back diagonal; Step L across R; Step R to right
&5-6 Small step with ball of L to left back diagonal; Step R across L; Step L to left
& Small step with ball of R to right back diagonal
7&8 Step L across R; Small step with ball R to right; Step L across R

[17-24] □ BOOGIE SWIVELS 3 TIMES TRAVELING RIGHT; BALL CROSS; 1/4 TURN RIGHT

Note: Knees should stay slightly bent for the next 6 counts.

1 Step R to right with toes of both feet pointing slightly right
2 Swivel on balls of both feet so that toes of both feet point slightly left shifting weight to R
&3 Step L beside R; Step R to right with toes of both feet pointing slightly right
4 Swivel on balls of both feet so that toes of both feet point slightly left shifting weight to R
&5 Step L beside R; Step R to right with toes of both feet pointing slightly right
6 Swivel on balls of both feet so that toes of both feet point slightly left shifting weight to R
&7-8 Step back with ball of L; Step R across L; Turn 1/4 right step L back (3:00)

Easier option for counts 17-24:

***1-2 □ Step R to right with toes pointed right; Step L together with toes forward**
***3-4 □ Step R to right with toes pointed right; Step L together with toes forward**
***5-6 □ Step R to right with toes pointed right; Step L together with toes forward**
***7-8 □ Step R across L; Turn 1/4 right step L back**

[25-32] □ TRIPLE BACK; TRIPLE TURNING 1/2 L; STEP; 1/2 TURN L; FORWARD; TOGETHER

1&2 Step R back; Step L together; Step R back
3&4 Turn 1/4 left step L to left; Step R together; Turn 1/4 left step L forward (9:00)
5-6 Step R forward ; Turn 1/2 left shift weight to L (3:00)
7 Large step forward with R
8 Small jump in place with feet together (after the jump shift weight to L)

Low impact option for count 32: Instead of the jump, just step L beside R.

Option: For music interpretation; on the 3rd repetition of the dance; do 3 little jumps forward with feet together on counts 31&32.

REPEAT

Last Update – 15th Dec 2014

