

The Show

拍數: 0 牆數: 4 級數: Improver
編舞者: Anita Ludlow (UK)
音樂: The Show - Lauren Waterworth



Sequence: AAB ACB AAC BB

SECTION A (32 COUNTS)

BALL CHANGE, KICK, COASTER STEP, ½ PIVOT, STEP & BOUNCE HEELS

- &1-2 Step back on ball of right foot (&), recover weight on left foot (1), kick right foot forward (2) (12:00)
- 3&4 Coaster step back by stepping right foot back (3), step left foot next to right (&), step right foot forward (4)
- 5-6 Step forward on left (5) swivel turn right as you step onto right foot (6) (6:00)
- 7&8 Step left next to right - weight now on both feet (7) raise both heels off floor (&) take both heels back to the floor (8)

VAUDEVILLE HEELS, HOLD YOUR HORSES KNEES

- &1 Step left foot in place (&), cross right foot over left (1)
- &2 Step left slightly to left (&) dig right foot to right diagonal (2)
- &3 Step right foot in place (&), cross left foot over right (3)
- &4 Step right slightly to right (&), dig left foot to left diagonal (4)
- & Step left foot in place
- 5& With weight on left but right toe touching the floor, move right knee out(5) then in(&)
- 6&7&8& Repeat on left, then right, then left. (counts 5-8 will have the effect of knocking your knees together as in "hold your horses")

ROCK BACK, RECOVER, EXTENDED CHASSE, STEP DRAG, SLAP/SLAP/SLAP

- 1-2 Rock right foot back behind & slightly to the left of the left foot - angling the body diagonally right (1), recover weight back on left foot (2)
- 3&4& Step right foot to right side (3) step left foot next to right (&) step right foot to right side (4) step left foot next to right (7)
- 5-6 Take a large step to right on right foot (5) drag left foot to touch next to right (6)
- 7&8 Lift left foot behind right and slap heel with right hand (7), swing left foot out to left side & slap heel with left hand(&) raise left knee in front & slap with right hand(8)

ROCK FORWARD, RECOVER, COASTER STEP, 2 PADDLE TURNS TO LEFT ¼ TURNING

- 1-2 Rock forward on left foot (1), recover weight on right foot (2)
- 3&4 Coaster back by stepping left foot back (3) step right foot next to left (&), step forward on left foot (4)
- 5-8 Paddle turn by stepping forward on right foot - weight on both feet (5) swivel on ball of right foot pushing left around to left 1/8 of a turn (6) repeat counts 5, 6 once. (3:00)

SECTION B (16 COUNTS)

Whatever wall you start this section on, you will end up back on that wall at the end of the 16 counts

2 SAILOR SHUFFLES, TOUCH BACK ½ UNWIND, SHUFFLE FORWARD

- 1&2 Swing right foot behind left (1) step left foot in place (&) step right foot slightly to right side (2)
- 3&4 Repeat above on reverse
- 5-6 Touch right toe back (5) half unwind to right by swiveling on both feet (6)
- 7&8 Shuffle forward on left/right/left
- 1-8 Repeat above 8 counts once again

SECTION C (16 COUNTS)

Whatever wall you start this section on, you will end up back on that wall at the end of the 16 counts

ROCK FORWARD, RECOVER, HALF TURN TRIPLE TWICE

- 1-2 Rock forward on right foot (1), recover weight on left foot (2)
- 3&4 Execute a triple step right (3)/left(&)/right(4) half turning to right
- 5-8 Repeat above reversing

4X PADDLE TURNS ¼ TURN EACH = 1 FULL TURN

- 1-8 Paddle turn by stepping forward on right foot - weight on both feet (1) swivel on ball of right foot pushing left around to left ¼ of a turn (2) repeat counts 1, 2 three more times

For effect, the ending can become:

- 5-6 Last 2 counts of the last B
- 7&8 Step left in place, step right to right side, step left to left side

Taking both arms above head on count 8 & hold position for a second
