

Signed Sealed Delivered

拍數: 0 牆數: 1 級數: Improver
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音樂: Signed Sealed Delivered - Stevie Wonder



PART A

JAZZ JUMPS BACK, HIP, HIP, HIP

- &1 Step right diagonally back, step left diagonally back (this is similar to the step "out, out" but you will move slightly back making sure hip is to the right with weight more on the right foot.)
2-3-4 Push left hip to left, push right hip to right, push left hip to left.

JAZZ JUMPS FORWARD, HIP, HIP, HIP

- &5 Step right diagonally forward, step left diagonally forward
6-7-8 Push hips left, right, left

WIZARDS FORWARD RIGHT & LEFT RIGHT COASTER

- 1 Step right foot forward
2 Slide left crossing behind right
&3 Step right back, step left forward on left diagonally
4 Slide right foot crossing behind left
&5-6 Step left back, rock right forward, recover weight on left foot
7&8 Step right back, step left next to right, step right forward

WIZARDS FORWARD LEFT & RIGHT LEFT COASTER STEP (SEE ABOVE STEPS) REVERSED

- 1-8 Repeat previous 8 counts on opposite foot

CROSS UNWIND ½ TURN LEFTY, HEEL BOUNCE, BOUNCE, STEP

- 1-2 Cross right over left and unwind, turning ½ left ending with weight on the right foot
3-4 Place left to left side, toes turned out and bounce left heel twice, placing full weight on left.
5-8 Repeat steps above

Arm styling: both arms at waist level, palms facing down, pushing them down as if you are "dribbling a basketball" on counts (3-4) and (7-8)

PART B

2 ¼ RIGHT JAZZ BOXES

- 1-4 Step right across left, step back on left, step right turning ¼ right, step left next to right
5-8 Repeat steps above

2 KICK BALL TOUCHES

- 1&2 Kick right foot forward, step right in place, touch left toe to left side
3&4 Kick left foot forward, step left in place, touch right toe to right side
5-8 Repeat steps above

RIGHT & LEFT SAILORS

- 1&2 Step cross right behind left, step left to left side, step right in place
3&4 Step cross left behind right, step right to right side, step left in place

FANCY FEET FOR 4

- 1&2 Cross rock right foot over left, recover weight on left foot, step right together
&3&4 Step left foot back, touch right heel forward, step right foot slightly back, touch left toes together

HIPS, HIPS, TURN RIGHT, TURN LEFT

- 1 Step right diagonally forward, roll right hip to right as you lower right heel
- 2 Step left diagonally forward, roll left hip to left as you lower left heel
- 3 Step right ball/flat action while pushing right hip back
- 4 Step left ball/flat action while pushing left hip back
- 5-8 Repeat steps above

1-4 Rolling grapevine to the right (claps optional)

5-8 Rolling grapevine to the left (claps optional)

MONTEREY TURN ½ TURN RIGHT

- 1-4 Touch right toe to right side, turn ½ right as you step right next to left, touch left toe to left side, step left next to right

KICK, KICK, SAILOR STEP

1-2 Kick left foot forward and across right, kick left to left side

3&4 Cross left behind right, step right to right side, step left in place

FORWARD SHUFFLE, FORWARD SHUFFLE, JAZZ ¼ RIGHT

1-2-3&4 Right shuffle forward, left shuffle forward

5-8 Cross right over left, step left back turning ¼ to right, step right to right side, step left forward

Repeat above section until you get back to your beginning wall

TAG 1

1-2-3&4 Left kick, left kick, left sailor step

5&6-7&8 Right forward shuffle, left forward shuffle

1-4 Jazz box ¼ right

Repeat 2 more times. On your last time you will be facing the side wall. Do a ¼ right Monterey turn.
