

Signed, Sealed And Delivered

拍數: 32 牆數: 4 級數: Improver
編舞者: Julie Carr (UK)
音樂: Signed Sealed Delivered - Stevie Wonder



RIGHT TOE TAPS, RIGHT BEHIND AND TOUCH

1-2 Tap right toe to right side twice
3&4 Step right behind left, step left to left side, touch right toe next to left
5-6 Tap right toe to right side twice
7&8 Step right behind left, step left to left side, step right to right side

LEFT SAILOR ¼ TURN, TOUCH FORWARD AND BACK, STEP LOCK STEP, ROCK ¼ TURN LEFT

1&2 Step left behind right, step right beside left, make ¼ turn left, step forward left
3-4 Touch right forward, touch right back
5&6 Step forward right, cross left behind right, step forward right
7&8 Rock forward on left, rock back on right making ¼ turn left, step left to left side

RIGHT HEEL SWIVELS, TOE TWISTS AND DIAGONAL SHUFFLES

1&2 Swivel right heel in, out, in on ball of right foot (finish with weight equal)
3&4 Twist both heels and body right, left, right
5&6 Step left diagonally forward, step right next to left, step left diagonally forward
7&8 Step right diagonally forward, step left next to right, step right diagonally forward

LEFT ROCK STEP ¼ TURN, FULL TURN LEFT, RIGHT AND LEFT HIP BUMPS (OR SNAKE ROLLS)

1&2 Rock forward on left, rock back on right making ¼ turn left, step left- to left side
3-4 Make ½ turn stepping back on right, make ½ turn left stepping forward on left
5&6 Bump hips right, left, right (or snake rolls)
7&8 Bumps hips left, right, left (or snake rolls)

REPEAT
