

Sixteen Once

拍數: 32 牆數: 4 級數: Improver
編舞者: Hanneke van der Heuvel
音樂: You're Sixteen - Johnny Burnette



SUGAR FOOT STEPS TRAVELING RIGHT

Alternatively twist right: toes, heels, toes, adjust to center

- 1 (Moving right) twist left toe to the right, touch right toe beside left (all toes diagonally right)
- 2 Twist left heel to the right, touch right heel beside left (all toes diagonally left)
- 3 Twist left toe to the right, touch right toe beside left (all toes diagonally right)
- 4 Twist left to center, step right beside left to face front while switching weight onto right

SUGAR FOOT STEPS TRAVELING LEFT

Alternatively twist left: toes, heels, toes, adjust to center

- 5 (Moving left) twist right toe to the left, touch left toe beside right (all toes diagonally left)
- 6 Twist right heel to the left, touch left heel beside right (all toes diagonally right)
- 7 Twist right toe to the left, touch left toe beside right (all toes diagonally left)
- 8 Twist right to center, step left beside right to face front while switching weight onto left

TOE TOUCH, STEP, HEEL TOUCH, STEP, HEEL SWITCHES, CLOSE, SWIVEL

- 9 Right toe touch behind left
- 10 Step down on right
- 11 Touch left heel forward
- 12 Close left beside right
- 13&14& Right heel touch in front, right closes towards left, left heel touch in front, left closes toward right
- 15-16 Left & right heels to the right, left & right heels back to center

PIVOT TURN LEFT, MILITARY TURN LEFT, STEP TOUCH, TOE TOUCHES

- 17 Step right foot forward
- 18 $\frac{1}{2}$ pivot turn left
- 19 Step right foot forward
- 20 $\frac{1}{4}$ turn left
- &21-22 Step back on right, touch left heel forward, close left to right
- 23-24 Tap right beside left 2x

JUMP RIGHT & LEFT FORWARD AND BACK, OUT, OUT, IN, IN, HEEL BOUNCES

- &25 Right foot & left foot jump diagonal to the front first right then left, feet should be apart
- 26 Clap
- &27 Right foot & left foot jump to the back, first right then left end with feet closed
- 28 Clap
- &29&30 Right foot jump to the right, left foot jump to the left, right foot & left foot jump back to center
- 31-32 Raise both heels, lowering heels down

REPEAT

ENDING

After performing the dance for 8 times, end facing front. Dance the first section once, followed by the last 8 counts of the dance for a nice ending!