

Slip Up

拍數: 32 牆數: 0 級數:
編舞者: Norma Jean Fuller (USA)
音樂: I Slipped and Fell In Love - Alan Jackson



Position: Right side by side facing LOD

SLOW WALKING SAILOR

1-2 Step right slightly forward to right side and, step left crossed behind right
3-4 Step right slightly forward to right side, step left slightly forward to left
5-6 Step right crossed behind left, step left slightly forward to left side
7-8 Step right slightly forward to right side, step left crossed behind right

Lyrics: drunk man walking down a rainy street

STEP SCUFF, STEP SCUFF, ROCK RECOVER, ROCK RECOVER

1-2 Step forward on right., scuff left forward
3-4 Step forward on left, scuff right
5-6 Rock forward on right, recover weight to left
7-8 Rock back on right, recover weight to left

Lyrics: wood floor new socks on bare floor, checking them out

STEP HOLD, PIVOT ½ TURN LEFT, HOLD, STEP HOLD, PIVOT ½ TURN LEFT, HOLD

1-2 Releasing right. Hands step forward on right hold (option: look down)
3-4 Pivot ½ turn left shifting weight forward to left, hold
5-6 Step forward on right, hold
7-8 Pivot ½ turn left shifting weight forward on left, hold (option: look up)

Rejoin right hands

Lyrics: you look down and suddenly you're looking up

STOMP, HOLD, STOMP, HOLD, SKATE, STEP SLIDE

1-2 Stomp right forward, hold
3-4 Stomp left forward, hold
5-6 Skate forward on right, skate forward on left (option: step forward right, step left)
7-8 Step long step forward on right, slide left up and slightly forward on left

Lyrics: whoops, I slipped and fell in love

REPEAT

The skates may be a little hard for beginners, that's why I put the option to step forward right, left