Someone

拍數: 64

級數: Intermediate

編舞者: Betsy Baugess (USA)

音樂: Someone To Call My Love - Janet Jackson

WALK RIGHT, POINT LEFT, WALK RIGHT, POINT RIGHT

- 1-2-3 (Turning ¼ right) walk right, left, right
- 4 Point left toe to left (¼ turn right)
- 5-6-7 (Turning ¼ right) walk left, right, left
- 8 Point right toe to right (¼ turn left) (now facing the wall behind start wall)

WALK FORWARD WALL, POINT LEFT, WALK FORWARD, POINT RIGHT

- 1-2-3 Walk forward right, left, right
- 4 Point left toe to left (¼ turn right)
- 5-6-7 (Turning ¼ right) walk forward -left, right, left
- 8 Point right to right (1/4 turn left) (facing the wall to the left of start, with feet apart.)

KNEE ROLLS, KNEE POPS, FAST HEEL BOUNCES (KEEP FEET SHOULDER WIDTH APART)

- 1-2 Shift weight to the right and roll right knee out
- 3-4 Weight to the left, roll left knee out
- 5-6 (Up on your toes)turn both knees in/out (twisting heels out/in helps)
- 7&8 (Stay on your toes) bounce heels down right & up left/down left & up right/down right & up left

RIGHT CROSS KICKS, ¼ RIGHT TURN, 3 BUMPS (KEEP FEET SHOULDER WIDTH APART)

- &1-2 Drop weight onto left, kick right across left, touch beside left
- 3-4 Kick right across left, touch beside left
- 5-6 Roll right knee turning right ¼ with a hip roll, dropping weight onto left
- 7&8 (Left stays behind right and keep weight on left) hip bumps, right/left/right

WALK BACKWARDS, FULL TURN, WALK ½ TURN

- 1-2 Walk back right / left
- 3-4 Full turn right
- 5-6 Walk back right / left
- 7-8 Right ½ turn

WALK BACKWARDS, FULL TURN, WALK, SWEEP, TOUCH

- 1-2 Walk back right / left
- 3-4 Full turn right
- 5-6 Walk back right / left
- 7-8 Sweep right across left, touch right beside left

REPEAT

TAGS

When dancing to "Man Of Me", after the 3rd repetition, repeat 7 and 8 When dancing to "Man Of Me", after the 1st repetition, do these steps once, all other times twice FOUR CROSS/HOLD(S) - 3 SHUFFLE TURNS, ROCK, TOUCH On these crosses, wrap one knee close over the top of the other

- 1-2 Cross right over left hold
- 3-4 Cross left over right hold
- 5-6 Cross right over left hold





牆數:2

7-8 Cross left over right - hold

SHUFFLE, SHUFFLE TURN, BACK TOUCH

- 1&2 Shuffle back right/left/right
- 3&4 ¹/₂ turning left shuffle left/right/left
- 5&6 1/2 turning left shuffle right/left/right
- 7-8 Rock back on left and touch right