

Sometimes You Know

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Roland (Gutz) Gutzwiller (CH)
音樂: Sometimes - Lisa O'kane



Sequence: AB AB C AAB AAB BA

PART A

CROSS RIGHT, POINT LEFT & SNAP, CROSS LEFT, POINT RIGHT & SNAP, CROSS RIGHT, TOUCH LEFT & SNAP, LEFT LOCK SHUFFLE BACKWARDS

- 1-2 Cross right over left, point left to left & snap
- 3-4 Cross left over right, point right to right & snap
- 5-6 Cross right over left, tap left toes behind right & snap
- 7&8 Left backwards, lock right over left, left backwards

POINT RIGHT BACKWARDS, TURN ½ RIGHT, TRIPLE WITH FULL TURN RIGHT, RIGHT BEHIND, CROSS LEFT & SNAP, LEFT SHUFFLE FORWARD

- 1-2 Point right backwards, turn ½ right and take weight on right
- 3&4 Triple with full turn right left, right, left
- 5-6 Right backwards, cross left in front of right and touch toes & snap
- 7&8 Shuffle forward left, right, left

½ LEFT WITH RONDE RIGHT & SNAP, RIGHT CROSS SHUFFLE, LEFT FORWARD, RIGHT FLICK & SNAP, RIGHT SHUFFLE

- 1-2 Turn ½ left on left making a ronde with right ending in front of left & snap
- 3&4 Cross right over left, left next to right, cross right over left
- 5 Long step left forward diagonally left (10:30)
- 6 Flick right behind left (07:30) turning head backwards to see down on right foot & snap
- 7&8 Shuffle right right, left, right (body position towards 10:30)

LEFT OVER RIGHT, UNWIND FULL TURN RIGHT, RIGHT SHUFFLE, LEFT FORWARD AND HIPS, HIPS BACKWARDS, TRIPLE WITH ¾ TURN LEFT

- 1-2 Cross left over right, unwind with full turn right on left (face 12:00)
- 3&4 Shuffle forward right, left, right
- 5-6 Left forward diagonally left and push hips (10:30), push hips backwards (16:30)
- 7&8 Triple with ¾ turn left left, right, left (face 03:00)

PART B

RIGHT GRAPEVINE WITH LEFT TOUCH & SNAP, LEFT GRAPEVINE WITH RIGHT TOUCH & SNAP

- 1-2-3-4 Right to right, cross left behind right, right to right, point left to left & snap
- 5-6-7-8 Left to left, cross right behind left, left to left, point right to right & snap

PART C

RIGHT BACKWARDS, TOUCH LEFT HEEL & SNAP, LEFT BACKWARDS, TOUCH RIGHT HEEL & SNAP

- 1-2 Right backwards, touch left heel forward & snap
- 3-4 Left backwards, touch right heel forward & snap