

Sonic High

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Luce Scott (CAN)
音樂: It Feels so Good - Sonique



When using "It Feels So Good" by Sonique, it is preferable to start the dance after she sings "that keeps me satisfied", 60th count after the words start

RIGHT WEAVE, FULL TURN

- 1-4 Step right to right side, step left behind right, step right to right side, step left across in front of right
- 5-8 Step right to right side, pivot ½ turn to right on ball of right foot and step left to side, pivot ½ turn to right on ball of left foot and step right to side, step left to left side

LEFT WEAVE, FULL TURN

- 9-12 Step left to left side, step right across in front of left, step left to left side, step right behind left,
- 13-16 Step left to left side, pivot ½ turn to left on ball of left foot and step right to right side, pivot ½ turn to left on ball of right foot and step left to side, step right to right side

RIGHT MONTEREY, LEFT MONTEREY

- 17-20 Point right toe out to right side, half turn to right pivoting on the ball of left foot and step right beside left. On completion of the turn touch left toe out to left side, step left beside right
- 21-24 Point left toe out to left side, half turn to left pivoting on the ball of right foot and step left beside right. On completion of the turn touch right toe out to right side, step right beside left

HALF STEP PIVOT TURN, HALF TURN TRIPLE STEP, MAMBO LEFT, MAMBO RIGHT

- 25-26 Step forward on right foot, pivot ½ turn left transferring weight to left foot
- 27&28 Turn ½ turn to the right doing a triple step (right, left, right) in place
- 29&30 Rock left to left side, replace weight on to right and step left next to right
- 31&32 Rock right to right side, replace weight on to left and step right next to left

BOOGIE WALK FORWARD, KICK RIGHT, STEP BACK, CROSS TOUCH, STEP LEFT, STEP RIGHT

- 33-34 Swivel forward left, swivel forward right
- 35-36 Swivel forward left, kick right foot forward
- 37-38 Keeping weight on left, take a long step back on right, cross touch left in front of right
- 39-40 Step left to left side, step right to right side

TRAVELING APPLE JACKS X 4 ¼ TURN RIGHT

- 41&42 With weight on ball of right foot and left heel swivel left toes and right heel 45 degrees left (left apple jack), return center (traveling 1/16th turn)
- 43&44 With weight on ball of left foot and right heel swivel right toes and left heel 45 degrees right (right apple jack), return center (traveling 1/16th turn)
- 45-48 Repeat 41-44

REPEAT