

The Sparrow

拍數: 32 牆數: 2 級數: Improver
編舞者: Maria Norman (SWE)
音樂: Keep Your Eye On The Sparrow - Sammy Davis, Jr.



WALK, WALK, ROCK AND CROSS, WALK, WALK, ROCK AND CROSS

1-2 Step forward right, step forward left
3&4 Rock right to right side, recover on left, cross right over left
5-6 Step forward left, step forward right
7&8 Rock left to left side, recover on right, cross left over right

LOCKSTEP DIAGONALLY, SCUFF, LOCKSTEP DIAGONALLY, SCUFF

1-2-3 Step right diagonally to right, close left behind right, step right diagonally to right
4 Scuff left foot forward
5-6-7 Step left diagonally to left, close right behind left, step left diagonally to left
8 Scuff right foot forward

CROSS ROCK, CHASSE, CROSS ROCK, CHASSE

1-2 Cross right over left, recover on left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Cross left over right, recover on right
7&8 Step left to left side, close right beside left, step left to left side

ROCKING CHAIR, STEP TURN ½, STOMP, HOLD (CLAP)

1-2-3-4 Rock right forward, recover on left, rock right back, recover on left
5&6 Step right forward, turn ½ to the left, step forward on left
7-8 Stomp right foot beside left, hold (with a clap with you hands)

Remain weight on left while you will start from the beginning to walk with your right foot

REPEAT

TAG

After wall 2, 4 and 6 (every time you face the front wall, ready to restart) you dance section 4 once more but instead of stomp, hold, you replace that with another step turn ½ rocking chair, 2 x step turn ½

ENDING

The dance ends at section 2 with a right scuff. I suggest you keep your foot in the air for a moment and also have your arms stretched up as a finish