

Spell It Out!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Suzy Taylor (UK)
音樂: Spell It Out - Embrace



FORWARD BASIC, BACK BASIC, STEP, ½ TURN, ½ TURN, STEP, KICK LEFT TWICE

- 1-3 Step forward left, step right next to left, step left in place
- 4-6 Step back right, step left next to right, step right in place
- 7-8 Step forward left, making ½ turn left step back right
- 9 Making ½ turn left step forward left
- 10-12 Step right forward, kick left forward twice

3 STEPS BACK WITH KNEE POPS, BACK BASIC, LEFT TWINKLE, ½ TURN RIGHT TWINKLE

- 1 Step left back popping right knee
- 2 Step right back popping left knee
- 3 Step left back popping right knee
- 4-6 Step right back, step left next to right, step right in place
- 7-9 Step left across right, step right to side, step left to side
- 10-12 Step right across left, step left back ¼ turn right, step right to side ¼ turn right

SWEEP, WEAVE RIGHT, STEP ¼ TURN, STEP PIVOT ½ TURN, LEFT SHUFFLE, RIGHT SHUFFLE

- 1-3 Sweep left around & across right, step right to side, step left behind
- 4-6 Step right ¼ turn right, step left forward, pivot turn ½ right
- 7-9 Step left diagonally forward, lock right behind left, step left forward
- 10-12 Step right diagonally forward, lock left behind right, step right forward

¾ TURN BACK BASIC, BACK BASIC, CROSS POINT, HOLD, TOE BEHIND UNWIND ¾

- 1 Step left ¼ turn left
- 2 Making ¼ turn left step right to side
- 3 Step left back making ¼ turn left
- 4-6 Step right back, bring left next to right, step right in place
- 7-9 Cross step left over right, point right to side, hold
- 10-12 Touch right toe behind left, unwind ¾ turn right over 2 counts

REPEAT

TAG

Occurs end of 3rd and 7th wall facing 9:00 wall

- 1-6 Step left diagonally forward left, slide right behind left over 2 counts, step right back, slide left over 2 counts to tap in front of right

RESTART

Restart during 5th wall section 3 after left & right shuffle, 3:00 wall