

Spiderman

拍數: 0 牆數: 0 級數:
編舞者: Barry Durand (USA)
音樂: Spiderman Theme Song - Michael Bubl 



Sequence: Intro, A, TAG 1, BB, AB, AAAA, B, TAG 2, A, ENDING

INTRO

Due to speed of song, these 48 counts are counted fast eights

STOMP AND COASTER

- 1-4 On slight diagonal stomp right, release weight right, rock back right, step in place left
- 5-8 Repeat movements above
- 1-4 Repeat movements above
- 5-8 On slight diagonal stomp right, take weight on right foot and face front, clap, hold

STOMP AND COASTER

- 1-4 On slight diagonal stomp left, release weight left, rock back left, step in place right
- 5-8 Repeat movements above
- 1-4 Repeat movements above
- 5-8 On slight diagonal stomp left, take weight on left foot and face front, clap, hold

KNEE MOVE SIDEWAYS AND PIVOT TURN

- 1-4 Move sideways to right with knees out, in, out, hold on 4 or bring knees to center (use toe heel swivel action)
- 5-8 Move sideways to left with knees out, in, out, hold on 8 (use toe heel swivel action)
- 1-2 Pivot turn to right by stepping forward left
- 3-4 Pivot to right half turn stepping on right
- 5-6 Step forward left
- 7-8 Pivot to right half turn stepping on right

SECTION A

32 counts, counting in fast eights

CHARLESTON 2 X

- 1-2 Forward left
 - 3-4 Kick right
 - 5-6 Back right
 - 7-8 Rock back left, recover right
- Or you can just tap left back for 7-8 since it is fast

- 1-2 Forward left
 - 3-4 Kick right
 - 5-6 Back right
 - 7-8 Rock back left, recover right
- Or you can just tap left back for 7-8 since it is fast

OUT OUT HOPS FORWARD & BACK

- &1-2&3-4 Moving forward feet apart left, right clap, left, right clap
- &5-6&7-8 Moving backward feet apart left, right clap, left, right clap

KICK UP DOWN, COASTER STEP

- 1&2 On a slight diagonal to right kick left foot, hitch left knee, step back left
- 3-4-5&6 Straighten to front and coaster step back right

7-8 Together left, forward right hold 8

SECTION B

48 counts, counting in fast eights

½ TURNING JAZZ BOX (SQUARE) 2 TIMES

1-2 Cross left in front of right
3-4 Turn ¼ left and step back right
5-6 ¼ turn left and step side left
7-8 Step together right, and hitch left up

1-2 Cross left in front of right
3-4 Turn ¼ left and step back right
5-6 ¼ turn left and step side left
7-8 Step together right

HIP SWINGS AND HITCH

1-2 Swing hip left
3-4 Swing hip right
5-6 Swing hip left
7-8 Swing hip right, hitch left up

1-2 Cross step and pivot turn, cross step left over right
3-4 Turn ¼ right and step forward right
5-6 Pivot turn right by stepping forward left
7-8 Turn ½ right and step forward right

1-8 Look left-right-left point to left, turn ¼ right and step side left while looking sharply left, right, left and point with both hands to left

This really shouldn't be counted. Listen to accent in music. It is obvious

SPIDER FINGERS OR BODY ROLL

1-8 With hands and arms extended in front of you, elbows bent and palms down to the left diagonal, wiggle fingers as you bring both hands from left to right. If this seems to stupid (which it is meant to be), you can bring the arms in to you and do a body roll. I personally have an aversion to spiders, so i work on my phobia by leaving my left arm straight out to my left, and pretend my right hand is a spider that quickly runs up my left arm and down my body which does a body roll:) (me, not the spider)

TAG 1

Walk forward in a circle starting with left for 8 steps coming back to where you started facing 12:00. The walks are slow but counted fast as 2 beat walks so it is 16 counts

TAG 2

The music slows down so instead of doing spider fingers just point to left and slow motion

1-16 Move your hands back to center. Then this is just a step tap with a clap that is turning slowly for 16 counts. In slow counts turn ¼ left and step forward left, turn ¼ left tap right together and clap, step side right, tap left basically where it was and clap. Turn ¼ left and step forward left, turn ¼ left tap right together, step side right, tap left basically where it was and clap. You should be back to 12:00 again so do the same moves again another 8 count

Sequence: Intro, A, TAG 1, BB, AB, AAAA, B, TAG 2, A, ENDING

ENDING

All move to tight bunch center for end!

During the 4 A's (Charleston section) in the middle - it is so easy that I have each set starting a new wall. 12:00, 3:00,6:00, 9:00... the easy place to turn ¼ right is on the kick up down. When you are kicking on a

diagonal just go ahead and make it more of a turn and finish the move facing the new wall
Don't let all this stuff on the step sheet worry you... it is a really easy dance and while it looks like a lot of counts it really isn't. The count is fast so it flies by
