

Step Ahead (P)

拍數: 60 牆數: 0 級數: Partner
編舞者: Ruth Elias (UK)
音樂: Step Ahead - Dave Sheriff



Position: Right Open Promenade. Mirror image

MAN'S STEPS

- 1 Left foot step diagonally forward to left
- 2 Right foot touch beside left
- 3 Right foot step diagonally back to right
- 4 Left foot touch beside right
- 5 Left foot step to the side
- 6 Right foot step beside left
- 7 Left foot step to the side
- 8 Right foot touch beside left

- 9 Right foot step to the side
- 10 Left foot step beside right
- 11 Right foot step to side at same time $\frac{1}{4}$ turn right
- 12 Left foot touch beside right

Pick up lady's right hand in man's left

- 13 Left foot step to the side
- 14 Right foot step beside left
- 15 Left foot step to the side
- 16 Right foot touch behind left

- 17 Right foot step to the side
- 18 Left foot step beside right
- 19 Right foot step to the side
- 20 Left foot touch behind right
- 21 Left foot step to the side
- 22 Right foot touch behind left
- 23 Right foot step to the side
- 24 Left foot touch behind right

- 25&26 Left shuffle on left, right, left
- 27&28 Right shuffle on right, left, right

During these shuffles drop man's right and lady's left hand. Raise man's left hand and man shuffles under his own arm changing places with lady and facing LOD. Lady shuffles behind man changing places facing LOD - hold inside hands

- 29&30 Left shuffle forward on left, right, left
- 31&32 Right shuffle forward on right, left, right

- 33-35 Walk forward on left, right, left
- 36 Kick right foot forward
- 37-39 Walk back on right, left, right
- 40 Left toe touch back

- 41-43 Left foot step to the side, right foot cross behind left, left foot step to the side
- 44 Stomp right foot beside left

- 45-46 Bump hips to right twice
- 47-48 Bump hips to left twice

- 49 Right foot step forward
- 50 Release hands and pivot ½ turn left
- 51 Right foot step forward
- 52 Pivot 1/ 2 turn left and pick up inside hands
- 53&54 Right shuffle turning to face inside LOD (back to lady)

- 55&56 Left shuffle turning to face lady
- 57&58 Right shuffle turning to LOD
- 59&60 Left kick ball change

REPEAT

LADY'S STEPS

- 1 Right foot step diagonally forward to right
 - 2 Left foot touch beside right
 - 3 Left foot step diagonally back to left
 - 4 Right foot touch beside left
 - 5 Right foot step to the side
 - 6 Left foot step beside right
 - 7 Right foot step to the side
 - 8 Left foot touch beside right

 - 9 Left foot step to the side
 - 10 Right foot step beside left
 - 11 Left foot step to side at same time ¼ turn left
 - 12 Right foot touch beside left
 - 13 Right foot step to the side
 - 14 Left foot step beside right
 - 15 Right foot step to the side
 - 16 Left foot touch behind right

 - 17 Left foot step to the side
 - 18 Right foot step beside left
 - 19 Left foot step to the side
 - 20 Right foot touch behind left
 - 21 Right foot step to the side
 - 22 Left foot touch behind right
 - 23 Left foot step to the side
 - 24 Right foot touch behind left

 - 25&26 Right shuffle on right, left, right
 - 27&28 Left shuffle on left, right, left
- During these shuffles drop man's right and lady's left hand - raise man's left hand and man shuffles under his own arm changing places with lady and facing LOD. Lady shuffles behind man changing places facing LOD - hold inside hands**
- 29&30 Right shuffle forward on right, left, right
 - 31&32 Left shuffle forward on left, right, left

 - 33-35 Walk forward on right, left, right
 - 36 Kick left foot forward
 - 37-39 Walk back on left, right, left

- 40 Right toe touch back
- 41-43 Three step turn to right on right, left, right changing hands finish holding inside hands
44 Stomp left foot beside right
45-46 Bump hips to left twice
47-48 Bump hips to right twice
- 49 Left foot step forward
50 Release hands and pivot ½ turn right
51 Left foot step forward
52 Pivot ½ turn right and pick up inside hands
53&54 Left shuffle turning to face outside LOD (back to man)
- 55&56 Right shuffle turning to face man
57&58 Left shuffle turning to LOD
59&60 Right kick ball change

REPEAT
