

Steptacular

拍數: 0 牆數: 4 級數: Improver
編舞者: Lee Crooks (UK) & Glad Jackson (UK)
音樂: Say You'll Be Mine - Steps



Sequence: ABA ABA ACA AAC

PART A

TOE SWITCHES WITH HAND MOVEMENTS, TOE SWITCHES WITH ¼ TURN RIGHT

- 1& Touch left toe out to left side, step left beside right.
- 2& Touch right toe out to right side, step right beside left.
- 3&4 Touch left toe out to left side, clap hands together twice with hands over to left side.
- &5 Step left beside right, touch right toe out to right side.
- &6 Step right beside left, touch left toe out to right side.
- &7 Step left beside right, touch right toe out to right side.
- 8 On ball of left foot turn ¼ right and step right beside left.

Hands: on count 8, (with right palm of hand facing left side, and left palm of hand facing right side) cross left arm over right at chest height

HEEL SWITCHES ON THE SPOT WITH TOE TOUCHES

- 9&10 Touch left heel forward, step left beside right, touch right heel forward.
- &11 Step right beside left, touch left heel forward.
- &12 Touch left toe slightly in front of right toe, touch left heel forward.
- & Step left beside right.
- 13&14 Touch right heel forward, step right beside left, touch left heel forward.
- &15 Step left beside right, touch right heel forward.
- &16 Touch right toe slightly in front of left toe, touch right heel forward.
- & Step right beside left.

REPEAT STEPS, ¼ TURN RIGHT WITH HAND MOVEMENT

- 17-23 Repeat steps 1- 7 in part a
- 24 On ball of left foot turn ¼ right and touch right beside left.

Hands: on count 24, (with right palm of hand facing left side, and left palm of hand facing right side) cross left arm over right at chest height

SYNCOPATED VINE RIGHT, STOMP LEFT, TOE AND HEEL TOUCHES

- 25-26 Step right foot to right side, step left foot behind right.
- &27 Step right foot beside left, cross left foot over right.
- 28 Stomp right foot beside left.
- 29-30 Touch left toe to left side, touch left toe beside right heel.
- 31& Touch left heel forward, touch left toe to left side.
- 32 Touch left foot beside right.

PART B

WALKS FORWARD, ROLLING VINE LEFT

- 1-3 Walk forward: left, right, left.
- &4 Stomp right foot beside left, clap hands once.
- 5-6 Step left foot ¼ turn left, on ball of left pivot ¼ left and step right foot to right side.
- 7-8 On ball of right foot pivot ½ turn left, touch right beside left.

SHUFFLES FORWARD RIGHT AND LEFT, VINE RIGHT

- 9&10 Step forward right, step left beside right, step forward right.

- 11&12 Step forward left, step right beside left, step forward left.
13-14 Step right to right side, step left behind right.
15-16 Step right to right side, touch left beside right.

PART C

TWO PIVOTS, CROSS STEPS RIGHT, LEFT, CROSS AND UNWIND ½ TURN LEFT

- 1-2 Step left foot forward, pivot ½ turn right.
3-4 Step left foot forward, pivot ¼ turn right.
When pivoting right on step 4, transfer weight on to left foot
& (Weight on left foot) step on to right in place.
5 Cross left foot over right and lift right foot in air slightly.
6 Step on to right foot in place.
& Step on to left foot in place.
7 Cross right foot over left.
8 Unwind ½ turn left. (weight ends on right foot)

Arms: on count 8, lift arms in air diagonally to their own sides
