

Sunday Afternoon

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Frankie Three Socks Mitchell (IOM)
音樂: Groovin' - Bill Wyman And The Rhythm Kings



Sequence: A,A,B,B,B

PART A

CROSS, MONTEREY TURN, STEP, SLIDE, TOUCH

1-2 Cross left over right, point right to right side
3-5 Full turn on ball of right, point left step left beside right
6-8 Step right to right side, slide left to right, touch left beside right

GRAPEVINE LEFT, ½ HINGE, SIDE SHUFFLE, SAILOR STEP

9-11 Step left to left side, cross right behind left, step left to left side
12 ½ turn left on ball of left stepping onto right
13&14 Left to side, close right, left to side
15&16 Cross right behind left, step left to side, step right in place
17-32 Repeat 1-16

SWAY, SHUFFLE, SWAY, STEP & STEP

33-34 Step left to side, sway left, step right to side, sway right
35-36 Shuffle forward left, right, left
37-38 Step right to side, sway right, step left to side, sway left
39&40 Step forward right, small step left beside right, step forward right

STEP PIVOT, SHUFFLE, LOCK STEP, ¼ HINGE

41-42 Step forward left, ½ pivot right
43&44 Shuffle forward left, right, left
45&46 Lock step forward right, left, right
47-48 Touch forward left and ¼ hinge left on ball of right, stepping onto left

SHUFFLE, STEP, TWIST & TURN, STEP & STEP

49&50 Shuffle forward right, left, right
51-52 Step left to left side, sway left
53&54 Twist heels right, twist heels left, twist right turning ½ turn left
55&56 Step right forward, small step left, step right forward

PART B

CROSS POINT, CROSS & CROSS, POINT CROSS, ROCK ROCK & PIVOT

49-50 Cross right over left, point left to the side
51&52 Cross left over right, step right, cross left over right
53-54 Point right to side, cross right over left
55&56 Rock back on left, forward on right & pivot ½ turn left taking weight

CROSS POINT, CROSS & CROSS, ROCK ROCK, SAILOR STEP

57-58 Cross right over left, point left to side
59&60 Cross left over right, step right, cross left over right
61-62 Rock right to side, rock onto left
&63&64 Cross right behind left, step left to side, step right in place