

Sundown

拍數: 0 牆數: 3 級數: Advanced
編舞者: Kash Bane (UK)
音樂: Sundown - S Club Juniors



Sequence: A, BB, AA, BB, AA, B, C, A until end

PART A

BODY ROLL (WITH FLICK), RIGHT COASTER, LEFT SHUFFLE, 1 ¼ TURN WITH RONDÉ

- 1-2 Make a wave down your body starting with the shoulders, flicking out your right foot on count 2
- 3&4 Step back right, step left in place beside right, step right forward
- 5&6 Step left forward, close right to left, step left forward
- 7&8 Step right backwards making a ½ turn over left shoulder, switch weight by hopping onto left foot while bringing right leg up into a rondé position. Continue a ¾ turn on ball of left foot

CROSS AND CLAP, ¼ TURN BACK SHUFFLE, BACK ROCK, KICK, FLICK

- 1-2 Cross right foot over left, hold and clap hands
- 3&4 Step back on left foot making a ¼ turn right, close right foot beside left, step back on left
- 5-6 Rock back on right foot, recover onto left
- 7-8 Kick right foot forward, flick it out to the right side

RIGHT SAILOR STEP, BACK ROCK, ¼ TURN JUMP, KICK WITH SCOOT, BACK ROCK

- 1&2 Bring right foot behind left, step left to left side, step right to right side
- 3-4 Turning 1/8 over left shoulder, rock left foot behind right, recover back onto right foot squaring out position
- 5-6 Jump with both feet making a ¼ turn over right shoulder, kick right foot forward while scooting back on left
- 7-8 Rock back on right foot, recover onto left

KNEE ROLLS (WITH ARM MOVEMENTS), ¼ TURN FLICK AND SLAP, FORWARD ROCK, ¼ TURN BACK ROCK WITH STEP

- 1-2 Bring right into in towards left leg, push right knee outwards away from left leg
- Arms: on count 1, touch right hand on left waist, on count 2, touch right hand on right waist**
- 3-4 Bring right knee in towards left leg, flick right leg out to right side making a ¼ turn left on ball of left foot
- Arms: on count 3, raise right arm over head. On count 4, bring right arm down, slapping right foot**
- 5-6 Rock forward on right foot, recover onto left
- 7&8 Make a ¼ right rocking back on right foot, recover onto left, step right foot forward

PART B

STEP, ¼ TURN FLICK, STEP, ½ TURN FLICK, ¼ TURN STEP, FULL TURN WITH HITCH, STEP, CLICK

- 1-2 Step left foot forward, making a ¼ turn left on ball of left foot, flick right foot backwards
- 3-4 Step forward on right foot, making a ½ turn over right shoulder flick left foot back
- 5-6 Make a ¼ turn left on left foot, on ball of left foot continue into a full turn hitching right knee
- 7-8 Step right foot to right side, hold and click fingers

FORWARD ROCK, RECOVER WITH ½ TURN, LEFT SHUFFLE, ¾ BACK SHUFFLE, BACK ROCK

- 1-2 Rock forward onto left foot, recover onto right foot making a ½ turn over right shoulder
- 3&4 Step left forward, close right foot to left foot, step left foot forward
- 5&6 Make a ¾ turn over left shoulder stepping right back, close left foot to right, step back on right
- 7-8 Rock back on left foot, recover onto right

CROSS, JUMP OUT, SHOULDER MOVEMENTS, ¼ TURNING SNAKE (WITH FLICK), STEP, CROSS

- 1-2 Cross left foot over right, jump stepping both feet shoulder width apart
For style, when you jump apart, squat a little, bending knees and leaning slightly forward
3-4 Lean to the left, dropping right shoulder and raising left shoulder, lean to the right while dropping left shoulder and raising right shoulder
5-6 Make a body roll to the left (snake) making a ¼ turn right and flicking right foot out on count 6
7-8 Step right foot to right side, cross left foot over right

POINT, CROSS, POINT, TOUCH, KICK (TWICE), ½ TURN TOE STRUT

- 1-2 Point right toe to right side, cross right foot over left
3-4 Point left toe to left side, touch left next to right
5-6 Kick left foot outwards twice
7-8 Touch left toe forward, make a ½ turn over right shoulder dropping left heel
You may notice there is an extra two counts during Part B so finish it off with:
1-2 Touch right toe forward, make a ½ turn over right shoulder dropping right heel

PART C

FORWARD ROCK, LEFT TOE STRUT, RIGHT TOE STRUT, LEFT CROSSING TOE STRUT

- 1-2 Rock forward onto left foot, recover onto right foot
The next set of steps are traveling at a backward diagonal direction to the right
3-4 Step back onto left toe, drop left heel
5-6 Step backward on right toe, drop right heel
7-8 Cross left toe over right foot, drop right heel

RIGHT TOE STRUT, ¼ TURN BACK ROCK, FULL TURN, CROSS, HOLD

- 1-2 Step right toe to right side, drop right heel
3-4 On ball of right make a ¼ turn over left shoulder, rocking back on left foot, recover onto right foot
5-6 Make a ½ turn over right shoulder stepping back on left foot, make a ½ turn over right shoulder stepping forward on right foot
7-8 Cross left over right, hold

¾ TURN, STEP, HOLD, FORWARD ROCK, RECOVER, ¼ TURNING CROSS

- 1-4 Make a ¼ turn left by stepping back on right, make a ½ turn over left by stepping left forward, step right forward, hold
5-6 Rock forward on left foot, recover on right
7-8 Make a ¼ turn right crossing left over right, hold

ROCK AND CROSS TWICE

- 1-4 Rock right to right side, recover on left, cross right over left, hold
5-8 Rock left to left side, recover on right, cross left over right hold

FORWARD ROCK, RECOVER, BIG STEP, DRAG, BIG STEP

- 1-2 Rock right foot forward, recover onto left
3-4 Take a big step back on right, begin dragging left to right
5-6 Continue dragging left to right
7-8 Take a big step to left and begin dragging right to left

SLIDE, BIG STEP, SLIDE, STEP, SCUFF, TOE STRUT

- 1-2 Continue sliding right to left
3-4 Take a big step to right and start to slide left to right
5-6 Continue sliding left to right
7-8 Step left forward, scuff right foot

THERE IS AN EXTRA TWO BEATS:

