Tall, Dark, And Handsome



拍數: 48 牆數: 4 級數:

編舞者: Shannon Finnegan (USA)

音樂: No One Needs to Know - Shania Twain



BRUSH, CROSS, TOUCH, HOLD

1 Brush ball of right foot forward

Brush ball of right foot back, crossing left shinTouch ball of right foot on left side of left

4 Hold

TOUCH, HOLD, TWIST (RIGHT-LEFT)

5 Place ball of right foot in front (heel of right foot in line with toe of left foot)

6 Hold

7&8 Twist on balls of both feet right-left (body goes with the movement, start at 12:00 go to 9:00

and back to 12:00)

BODY ROLL, HIP ROLLS

1-4 Bend at the waist, stand up rolling hips forward. This move is done as if trying to walk through

a doorway that's too low. (hips end up forward)

5-6& Push hips back, push hips forward, push hips back

7& Push hips forward, push hips back,8& Push hips forward, push hips back

STEP RIGHT, TOUCH LEFT, STEP TURN 1/4 LEFT, RIGHT TOGETHER

1 Step forward on right foot

2 Touch ball of left foot beside right foot

3 Step left foot ¼ turn left

4 Slide right foot together with left foot

TWIST LEFT (TOES, HEELS, TOES, HEELS)

With weight on both heels, move toes to left
Shift weight to both toes, move heels to left
Shift weight to both heels, move toes to left
Shift weight to both toes, move heels to left

STEP RIGHT, STEP LEFT TOGETHER (REPEAT)

Step right foot to right side
 Step left foot beside right
 Step right foot to right side

4 Touch left ball of foot beside right foot

STEP (LEFT-RIGHT-LEFT) WHILE TURNING FULL TURN LEFT, SCUFF RIGHT

5-6-7 Step left-right-left, while turning one full turn left

8 Scuff right foot next to left

SHUFFLE FORWARD (RIGHT-LEFT-RIGHT), LEFT ROCK-STEP FORWARD, RIGHT ROCK-STEP BACK

1&2 Step right foot forward, step ball of left foot beside right foot, step right foot forward

3-4 Rock forward on left foot, rock back on right

SHUFFLE (LEFT-RIGHT-LEFT) INTO ½ TURN LEFT, RIGHT ROCK STEP FORWARD, LEFT ROCK-STEP BACK

5&6 Shuffle left, right, left while completing ½ turn to left

7 Rock forward on right foot8 Rock back on left foot

SHUFFLE (RIGHT-LEFT-RIGHT) INTO 1/4 TURN RIGHT, STOMP, CLAP

1&2 Shuffle in place right, left, right as you make ¼ turn right

3 Stomp left foot in place4 Clap hands at chest level

CROSS, HOLD, ¾ TURN LEFT

5 Cross right foot over left leg and touch ball of right foot to floor

6 Hold

7-8 Slowly unwind making ¾ turn to the left, taking weight on left foot

REPEAT