

Tango! Tango!

拍數: 0 牆數: 2 級數: Advanced - tango
編舞者: Monica Lind Emmerud (NOR) & Amund Storsveen (NOR)
音樂: Tango, Tango - Petra Nielsen



Sequence: A B A B C B

PART A

STEP RIGHT FOOT RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT ¼ LEFT, STEP, PIVOT, ¼ LEFT CHASSE RIGHT, ROCK, RECOVER, SHUFFLE ½ LEFT, HOLD

- 1-2-3 Step right foot right, rock left foot across right, recover onto right foot
4&5 Step left foot left, step right foot next to left, ¼ turn left on ball of right foot and step left foot forward
6-7 Step right foot forward, pivot ½ turn left
8&1 ¼ turn left on ball of left foot and step right foot right, step left foot next to right, step right foot right
2-3 Rock left foot forward, recover onto right foot
4&5 ¼ turn left on ball of right foot and step left foot left, step right foot next to left, ¼ turn left on ball of right foot and step left foot forward
6-7-8 Hold

ROCK, RECOVER, ½ RIGHT, LOCK SHUFFLE FORWARD, ROCK, RECOVER, TOUCH AND TOUCH, HOLD, CHASSE LEFT ¼ LEFT, ¼ LEFT, STEP, CLAP, CLAP, HOLD

- 1-2-3 Rock right foot forward, recover onto left foot, ½ turn right on ball of left foot and step right foot forward
4&5 Step left foot forward, lock right foot behind left, step left foot forward
6-7 Rock right foot to right side, recover onto left foot
8&1 Touch right toe next to left (pop right knee forward), step right foot in place, touch left toe next to right (pop left knee forward)
2-3 Hold
4&5 Step left foot left, step right foot next to left, ¼ turn left on ball of right foot and step left foot forward
6-7-8 ¼ turn left on ball of left foot and step right foot right, clap-clap, hold

Listen to the music for the claps

STEP, ¾ MONTEREY TURN, ROCK, RECOVER, CROSS, UNWIND, STEP, STEP, PIVOT ½ LEFT, STEP, ROCK, RECOVER, SHUFFLE ½ LEFT, ¼ LEFT ROCK, RECOVER, TOUCH

- 1-2-3 Step left foot forward, touch right toe to right side, ¾ turn right on ball of left foot and step right foot next to left
4&5 Rock left foot to left side, recover onto right foot, step left foot across right
6-7 Unwind ¾ turn right, step left foot forward
8&1 Step right foot forward, pivot ½ turn left, step right foot forward
2-3 Rock left foot forward, recover onto right foot
4&5 ¼ turn left on ball of right foot and step left foot to left side, step right foot next to left, ¼ turn left on ball of right foot and step left foot forward
6-7-8 ¼ turn left on ball of left foot and rock right foot to right side, recover onto left foot, touch right toe next to left

COOL STOMPS, HOLD, COOL STOMPS, HOLD

- 1-2-3 Step right foot diagonally right forward three times*
4 Hold
5-6-7 ¼ turn left on ball of right foot and step left foot forward three times
8 Hold

Listen to the music for the three steps forward with the left foot

STEP, PIVOT ½ LEFT, STEP, PIVOT ½ LEFT, SPIN

- 1-2 Step right foot forward, pivot ½ turn left
- 3-4 Step right foot forward, pivot ½ turn left
- 5-8 On ball of left foot spin two full turns left

PART B

CROSS, STEP, CROSS, STEP, POP POP, HOLD

- 1-2-3 Step right foot across left, step left foot left, step right foot behind left
- 4&5 Step left foot left, pop right knee in, pop left knee in
- 6-7-8 Hold

AND CROSS, STEP, ½ TURN, STEP, CROSS, STEP, ½ TURN, STEP, ROCK, RECOVER

- &1-2 Step right foot next to left, step left foot across right, step right foot right
- 3-4 ½ turn left on ball of right foot and step left foot left, step right foot across left
- 5-6 Step left foot left, ½ turn right on ball of left foot and step right foot right
- 7-8 Rock left foot across right, recover onto right foot

AND CROSS, HOLD, AND CROSS, HOLD, AND CROSS INTO JAZZ BOX

- &1-2 Step left foot next to right, step right foot across left, hold
- &3-4 Step left foot left, step right foot across left, hold
- &5-6 Step left foot left, step right foot across left, step left foot back
- 7-8 Step right foot to right side, step left foot forward

STEP, RONDE FULL TURN LEFT

- 1-2 Step right foot forward, pivot ½ left weight on right foot
- 3-4 Sweep left toe around right while completing a full turn on ball of right foot (you're now facing the starting wall of Part B)

CROSS, STEP, CROSS, STEP, POP POP, HOLD

- 1-2-3 Cross left foot behind right, step right foot right, step left foot across right
- 4&5 Step right foot right, pop left knee in, pop right knee in
- 6-7-8 Hold

AND CROSS, STEP, TURN, STEP

- &1-2 Step left foot next to right, step right foot across left, step left foot left
- 3-4 ½ turn right on ball of left foot and step right foot right, step left foot across right

Counting lines from right to left (the odd lines will be doing the girls' steps and the even lines will be doing the boys' steps)

The odd lines:

STEP, TURN, TOUCH, STEP

- 5-6 Step right foot right, ¾ turn left on ball of right foot and step left foot forward
- 7-8 Touch right toe next to left, step right foot right (grab your partner tango style)

TOUCH, HOLD, BEND, HOLD

- 1-4 Touch left toe left, hold for 3 counts
- 5-8 Bend right knee and lean back, hold for 2 counts, straighten up

STEP, PIVOT ½ LEFT, ½ LEFT STEP, STEP, STEP AND BEND, HOLD, STRAIGHTEN UP

- 1-2 Step right foot forward, pivot ½ turn left
- 3-4 ½ turn left on ball of left foot and step right foot right, step left foot next to right
- 5-8 Step right foot right, bend right knee and lean towards the even line for 2 counts, straighten up

The even lines:

STEP, TURN AND ROCK, RECOVER, STEP

- 5-6 Step right foot right, ¼ turn left on ball of right foot and rock left foot back
7-8 Recover onto right foot, step left foot left (grab your partner tango style)

TOUCH, HOLD, BEND, HOLD

- 1-4 Touch right toe right, hold for 3 counts
5-8 Hold the lady for 3 counts and help her up again on the fourth

HOLD, STEP AND BEND, HOLD, STRAIGHTEN UP

- 1-4 Hold the lady in her right and with your left
5-8 Step right foot right, bend right knee and support the lady for 2 counts, straighten up

PART C

CROSS TOUCH STEPS

- 1-2 Step right foot forward, touch left toe left
3-4 Step left foot across right, touch right toe right
5-6 Step right foot across left, touch left toe left
7-8 Step left foot across right, touch right toe right

PIVOT ¼ LEFT, PIVOT ¼ LEFT, PRISSY WALKS

- 1-2 Step right foot forward, pivot ¼ turn left
3-4 Step right foot forward, pivot ¼ turn left
5-6 Right foot cross over left angling body to left corner, left foot cross over right angling body to right corner
7-8 Right foot cross over left angling body to left corner, left foot cross over right angling body to right corner

MORE PRISSY WALKS, STEP 'N SLIDE

- 1-4 Repeat last 4 counts
5-8 Right foot big step right, slide left foot next to right over 3 counts
& Step left foot next to right
-