

Through The Grapevine

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK)
音樂: I Heard It Through the Grapevine - Marvin Gaye



LUNGE BACK, ¼ TURN LEFT, RIGHT GRAPEVINE, KICK, LEFT SHUFFLE BACK

- 1-2 Strong step back (lunge) on right foot pulling right shoulder back and looking over right shoulder (hands on hips), recover weight onto left foot
- 3-6 Turning ¼ left step right foot to right side, cross left behind right, step right to right, kick left foot forward
- 7&8 Step back on left, close right beside left, step back on left

ROCK BACK, RECOVER, RIGHT SHUFFLE FORWARD, STEP PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD

- 9-10 Rock back on right foot, recover onto left
- 11&12 Step forward on right, close left beside right, step forward on right
- 13-14 Step forward on left, pivot ½ turn right
- 15&16 Step left forward, close right beside left, step left forward
- 17-32 Repeat steps 1-16 but with option of placing right hand to ear on steps 17-18 to correspond with words "heard it through the grapevine"

WALK FORWARD RIGHT, LEFT, POINT, TURN ¼ LEFT, ROCK BACK, RECOVER, RIGHT SHUFFLE FORWARD

- 33-36 Walk forward right and left, point right toe to right, pivot ¼ turn left (weight remains on left)
- 37-38 Rock back on right foot, recover onto left
- 39&40 Step right forward, close left beside right, step forward on right

LEFT ROCK STEP FORWARD, LEFT ROCK STEP BACK (ROCKING CHAIR) STEP PIVOT ½ TURN RIGHT STEP FORWARD, POINT

- 41-44 Rock forward on left, recover onto right, rock back on left, recover onto right
- 45-48 Step forward on left, pivot ½ turn right, step forward on left, point right toe to right side

REPEAT

BRIDGE

After the 4th repetition (when facing home wall)

LEFT WEAVE, ROCK, RECOVER, TRIPLE STEP, RIGHT WEAVE, ROCK, RECOVER, TRIPLE STEP

- 1-4 Cross right over left, step left to left, cross right behind left, step left to left
- 5-6 Cross rock right over left, recover onto left
- 7&8 Triple step in place right, left, right
- 9-16 Repeat to right