

Tricky Tricky

拍數: 32 牆數: 2 級數: Improver
編舞者: Pedro Machado (UK) & James Gregory (USA)
音樂: Tricky, Tricky - Lou Bega



INTRO

(To be used only once with Tricky Tricky by Lou Bega - start with vocals)

SIDE MAMBOS, ½ PIVOTS, FULL TURN

1&2 Keeping right in place, step left to left side, rock (side rock) onto right, step left beside right
3&4 Keeping left in place, step right to right side, rock (side rock) onto left, step right beside left
5&6 Step forward on left pivoting ½ turn right (6:00), step forward on right, step left beside right
7&8 Step forward on right pivoting ½ turn left (12:00), step forward on left, step right beside left

FULL TURN, STEP BACK, HOOK, FORWARD STEP LOCK, FORWARD MAMBO

9&10 Making full turn right, step left right left
11-12 Step long step back on right - hook left (toe touching floor) over right
Styling option on counts 11-12: lean back, throwing arms in air, with STYLE
13-14 Step forward on left - slide step (lock) forward on right
15&16 Traveling forward, locking right behind left, shuffle left right left

End of intro (used only once at beginning of dance)

THE MAIN DANCE

KICKS, SAILOR SHUFFLES

1-2 Kick right forward, kick right out to right side
3&4 Turning body to face slightly right step right behind left, facing forward step left to left side, step right slightly forward to right side
5-6 Kick left forward, kick left out to left side
7&8 Turning body to face slightly left step left behind right, facing forward step right to right side, step left slightly forward to left side

Styling option: The kicks can be as high or low as you want (depending for force of music) or try a ronde. The sailor shuffles can be done in place (triples) or full turns

SIDE, SLIDE, SIDE, TOUCH, ¼ TURN, REVERSE ¼ TURN

Styling option: On ¼ turns in counts 9-24, put hands on knees and squat down when singer mentions ball games, or do spins

9-12 Step right to right side, slide step left beside right, step right to right side, touch left beside right
&13 On ball of right make ¼ turn right (3:00), step left to left side
14-16 Touch right beside left, step back on right making ¼ turn left (12:00), touch left beside right

SIDE, SLIDE, SIDE, TOUCH, ¼ TURN, REVERSE ¼ TURN

17-20 Step left to left side, slide step right beside left, step left to left side, touch right beside left
&21-24 On ball of left make ¼ turn left (9:00), step right to side, touch left beside right, step back on left making ¼ turn right (12:00), touch right beside left

SIDE TOUCHES, OUT OUT, CROSS, ½ TURN

25-28 Step right to right side, touch left beside right, step left to left side, touch right beside left
&29-32 Step right out to right side, step left out to left side, cross step right over left, unwind ½ turn left (6:00) keeping weight on left

Styling option: On counts 31-32, try a body roll while making ½ turn

REPEAT

VARIATIONS:

Do the dance as written up to the 6th wall which you will do steps 1-20. If you listen to the music is says something about football. On counts &21-24 do a squat making a $\frac{1}{4}$ turn to the left, then stand up facing to front (another $\frac{1}{4}$ turn right). Count as follows:

17-20 Step left to left side, slide step right beside left-step left to left side, touch right beside left

&21-24 Step left, make a $\frac{1}{4}$ turn, squat for two counts, $\frac{1}{4}$ turn to front

From then on, for counts &13-16, instead of doing what is written do toe points with the left foot. For &21-24 do toe points with right foot.

The next time do $\frac{1}{2}$ turns (2x). The next time do slow paddle turns. Then fast paddle turns. Then heel jacks. Then spank the baby (hold hand up other spansk the baby). Then the Herkie Jerkie. The last set you will do as written.
