

2S4-2

拍數: 96
編舞者: Craig Smith (SA)
音樂: Tu es foutu - In-Grid

牆數: 1

級數: Intermediate/Advanced



The dance starts on the first strong beat, 32 counts before the vocals begin. This allows the entire dance to be danced three times, followed by the tag and then one more wall of the entire dance. Enjoy

RIGHT KICK BALL CHANGE, RIGHT FORWARD TOUCH, CROSS TOUCH RIGHT OVER LEFT, RIGHT KICK BALL CHANGE, RIGHT SIDE TOUCH, HOLD

- 1&2 Kick right forward, step on ball of right, step on left
- 3-4 Touch right toe forward, cross touch right over left
- 5&6 Kick right forward, step on ball of right, step on left
- 7-8 Touch right to right side, hold

RIGHT KICK BALL CHANGE, RIGHT BACK TOUCH, CLICK FINGERS (ALL DONE TO LEFT CORNER) - RIGHT KICK BALL CHANGE, RIGHT BACK TOUCH, CLICK FINGERS (ALL DONE TO LEFT CORNER)

- 1&2 Kick right to left corner (10:00) with body turning to face corner, step on ball of right, step on left
- 3-4 Touch right foot back to back right corner (4:00), extend arms forward to left corner (10:00), click fingers
- 5&6 Kick right to same left corner (10:00) with body facing to corner, step on ball of right, step on left
- 7-8 Touch right foot back, to back right corner (4:00), extend arms forward to left corner (10:00), click fingers

RIGHT STEP FORWARD, TOUCH LEFT TO LEFT, LEFT STEP FORWARD, TOUCH RIGHT TO RIGHT, RIGHT ROCK FORWARD, RECOVER ON LEFT, TRIPLE STEP ½ TURN (TO THE RIGHT) TO FACE OPPOSITE CORNER (4:00)

- 1-4 Step right forward, touch left to left side, step left forward, touch right to right side
- 5-6 Advancing to corner rock forward on right, recover weight on left
- 7&8 Triple step ½ turn (to the right) stepping right-left-right to face opposite corner (4:00)

LEFT SHUFFLE, RIGHT SHUFFLE, ROCK FORWARD ON LEFT, ½ TURN (TO THE LEFT) PIVOTING ON RIGHT HEEL, TAKE WEIGHT ON LEFT, HOLD

- 1&2 Left shuffle forward left-right-left
- 3&4 Right shuffle forward right-left-right
- 5-6 Rock forward on left, recover weight on right turning a ½ turn (to the left)
- 7-8 Using right heel to pivot on step left beside right, hold

You should now again be facing the left (10:00) corner

RIGHT HEEL SWITCH, LEFT HEEL SWITCH, 1/8 MILITARY TURN RIGHT HEEL SWITCH, LEFT HEEL SWITCH, RIGHT TOUCH BACK, HOLD

- 1& Touch right heel forward, step right beside left
- 2& Touch left heel forward, step left beside right
- 3-4 Step right forward, pivot turn 1/8 to face 9:00 wall, keeping weight on left
- 5& Touch right heel forward, step right beside left
- 6& Touch left heel forward, step left beside right
- 7-8 Touch right back, hold

STEP FORWARD ON RIGHT, HITCH LEFT, STEP BACK ON LEFT, TOUCH RIGHT BACK STEP FORWARD ON RIGHT, HITCH LEFT, STEP BACK ON LEFT, STOMP RIGHT SLIGHTLY AHEAD OF LEFT

- 1-4 Step right forward, hitch left, step left back, touch right back

5-8 Step right forward, hitch left, step left back, stomp right heel beside left instep or toe

TRAVELING APPLEJACKS FOR 8 COUNTS TO ROTATE HALF A CIRCLE

1-2 Pivot right heel out slightly and left toe in close, pivot right toe out wide and left heel in close
3-4 Pivot right heel out slightly and left toe in close, pivot right toe out wide and left heel in close
5-6 Pivot right heel out slightly and left toe in close, pivot right toe out wide and left heel in close
7-8 Pivot right heel out slightly and left toe in close, pivot right toe out wide and left heel in close

Fiddle a bit with your spacing and step size and you will soon find what feels comfortable for you yet still enables you to turn in a half circle. The idea is to form an arc with this movement, it looks cool and is a lot of fun

HEEL JACK LEFT, HEEL JACK RIGHT, HEEL JACK LEFT, ½ HEEL JACK LEFT, HOLD

&1 Step left diagonally back left, touch right heel forward to corner
&2 Step forward onto right facing front, touch left toe beside right foot
&3 Step right diagonally back right, touch left heel forward to corner
&4 Step forward onto left facing front, touch right toe beside left foot
&5 Step left diagonally back left, touch right heel forward to corner
&6 Step forward onto right facing front, touch left toe beside right foot
&7-8 Step left diagonally back left, touch right heel forward to corner, hold

STEP RIGHT TO RIGHT SIDE, STEP LEFT BEHIND RIGHT, STEP RIGHT TO RIGHT SIDE, CROSS LEFT OVER RIGHT, KICK RIGHT DIAGONALLY RIGHT

1-2 Step right to right side, step left behind right
& Step right to right side
3-4 Step left over right, kick right diagonally forward right to corner

CROSS RIGHT OVER LEFT, ½ UNWIND STEPPING ON LEFT, RIGHT COASTER STEP

5-6 Step right over left, ½ unwind (to the left) taking weight on left
7&8 Step right back, step left beside right, step right forward

You should now be facing 9:00

LEFT SHUFFLE, STEP RIGHT, ½ TURN, ROCK BACK ON LEFT, RECOVER ON RIGHT, STEP LEFT TO LEFT, STEP RIGHT BESIDE LEFT, STEP LEFT BACK

1&2 Left shuffle forward left-right-left
3-4 Step right forward, ½ turn (to the left) putting weight on right
5-6 Rock back on left, recover weight on right
7&8 Step left to left, step right beside left, step left back

STEP RIGHT TO RIGHT SIDE, DRAG LEFT BESIDE RIGHT, RIGHT COASTER STEP, STEP LEFT TO LEFT SIDE, DRAG RIGHT BESIDE LEFT, LEFT COASTER STEP

1-2 Step right to right side, drag left beside right with weight
3&4 Step right back, step left beside right, step right forward
5-6 Step left to left side, drag right beside left with weight
7&8 Step left back, step right beside left, step left forward

STEP FORWARD, CLICK, ½ TURN, CLICK, ¼ TURN-ROCK-ROCK-ROCK

1-4 Step right forward, click, ½ turn (to the right) stepping back on left, click
5-8 Turn ¼ turn (to the right) rocking onto right, rock left, rock right, rock left

REPEAT

TAG

After doing three walls the music will change considerably seeming to slow for about 48 counts. Feel free to be inventive at this stage, possibly getting into a formation for the last wall. I'd like to hear your ideas. Here is one that Bee (my wife) and I came up with. Incidentally she had just attended her first TAE BO class, and that

was possibly the inspiration for these moves. One wall of 96 counts follows the tag

RIGHT HAND KARATE PUSH, SWEEP BLOCK, LEFT HAND KARATE PUSH, SWEEP BLOCK

- 1-2 Right hand push diagonally across body, hold (head should follow movement of hand)
- 3-4 Sweep hand from left to right in circular motion, hold (head should follow movement of hand)
- 5-6 Left hand push diagonally across body, hold (head should follow movement of hand)
- 7-8 Sweep hand from right to left in circular motion, hold (head should follow movement of hand)

RIGHT HAND KARATE PUSH, SWEEP BLOCK, LEFT HAND KARATE PUSH, SWEEP BLOCK

- 1-2 Right hand push diagonally across body, hold (head should follow movement of hand)
- 3-4 Sweep hand from left to right in circular motion, hold (head should follow movement of hand)
- 5-6 Left hand push diagonally across body, hold (head should follow movement of hand)
- 7-8 Sweep hand from right to left in circular motion, hold (head should follow movement of hand)

RIGHT ROCK, RECOVER, CROSS SHUFFLE RIGHT-LEFT-RIGHT LEFT ROCK, RECOVER, CROSS SHUFFLE LEFT-RIGHT-LEFT

- 1-2 Rock right to right side, recover weight on left
- 3&4 Cross shuffle right over left, shuffling right-left-right
- 5-6 Rock left to left side, recover weight on right
- 7&8 Cross shuffle left over right, shuffling left-right-left

RIGHT FORWARD ROCK, RECOVER ½ TURN TRIPLE STEP (TO THE RIGHT) LEFT FORWARD ROCK, RECOVER ½ TURN TRIPLE STEP (TO THE LEFT)

- 1-2 Rock forward on right, recover weight on left
- 3&4 Triple step ½ turn (to the right) stepping right-left-right
- 5-6 Rock forward on left, recover weight on right
- 7&8 Triple step ½ turn (to the left) stepping left-right-left

RIGHT CROSS LUNGE, DRAG RECOVER, LEFT CROSS LUNGE, DRAG RECOVER

- 1-2 Long diagonal rock step, right across left
- 3-4 For two counts drag right beside left, taking weight on right, for two counts
- 5-6 Long diagonal rock step, left across right
- 7-8 For two counts drag left beside right, taking weight on left, for two counts

RIGHT HAND KARATE PUSH, SWEEP BLOCK, LEFT HAND KARATE PUSH, SWEEP BLOCK

- 1-2 Right hand push diagonally across body, hold (head should follow movement of hand)
 - 3-4 Sweep hand from left to right in circular motion, hold (head should follow movement of hand)
 - 5-6 Left hand push diagonally across body, hold (head should follow movement of hand)
 - 7-8 Sweep hand from right to left in circular motion, hold (head should follow movement of hand)
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