Watch Me Shine



拍數: 0 牆數: 1 級數: Intermediate

編舞者: Judith Campbell (NZ)

音樂: Watch Me Shine - Joanna Pacitti



PART A

TURN TURN - SHUFFLE, KICK BALL STEP, STEP DRAG, FLICK

1-2-3&4 Turning $\frac{1}{4}$ right step forward on right, turning $\frac{1}{2}$ right step ping back on left, turning $\frac{1}{4}$ right

side shuffle to right

5&6-7-8 Kick left foot forward, step left next to right, step right foot forward, step left to left, drag right

in towards left, flick right up behind left leg

HIP PUSHES RIGHT-LEFT-RIGHT, COASTER WITH ¼ TURN LEFT, HIP PUSHES RIGHT-LEFT-RIGHT, COASTER WITH ¼ TURN LEFT

1&2-3&4 Push hips right-left-right(weight finishes on right foot), step back on left, step right next to left,

turning ¼ to left step forward on left.

5&6-7&8 Push hips right-left-right(weight finishes on right foot), step back on left, step right next to left,

turning 1/4 to left step forward on left

TURN TURN - SHUFFLE, KICK BALL STEP, STEP DRAG, FLICK

1-2-3&4 Turning $\frac{1}{2}$ right step forward on right, turning $\frac{1}{2}$ right step ping back on left, turning $\frac{1}{4}$ right

side shuffle to right

5&6-7-8 Kick left foot forward, step left next to right, step right foot forward, step left to left, drag right

in towards left, flick right up behind left leg

HIP PUSHES RIGHT-LEFT-RIGHT, COASTER WITH 1/4 TURN LEFT, HIP PUSHES RIGHT-LEFT-RIGHT, COASTER WITH 1/4 TURN LEFT

1&2-3&4 Push hips right-left-right(weight finishes on right foot), step back on left, step right next to left,

turning ¼ to left step forward on left.

5&6-7&8 Push hips right-left-right(weight finishes on right foot), step back on left, step right next to left,

turning 1/4 to left step forward on left

TOUCHES (OUT IN OUT), SHUFFLE BACK, TOUCHES (OUT IN OUT), SHUFFLE BACK

1&2-3&4 Tap right foot out to right, touch right foot next to left, tap right foot out to right, step right

back, step left next to right, step back on right(right-left-right)

Restart goes here

Tap left foot out to left, touch left foot next to right, tap left foot out to left, step left back, step

right next to left, step back on left(left-right-left)

TOUCHES (OUT IN OUT), TRIPLE 1/2 TURN RIGHT, TOUCHES (OUT IN OUT), TRIPLE 1/2 TURN LEFT

1&2-3&4 Tap right foot out to right, touch right foot next to left, tap right foot out to right, triple ½ turn to

right (right-left-right)

5&6-7&8 Tap left foot out to left, touch left foot next to right, tap left foot out to left, triple ½ turn to left

(left-right-left)

PART B

JUMP OUT, JUMP IN, STOMP RIGHT FORWARD, HOLD, 3 HOPS ½ TURN LEFT, HOLD

1-2-3-4 Jump both feet out to sides, jump both feet back in together, stomp right foot forward, hold

5-6-7-8 (Pick up left foot) and do 3 hops on right foot turning $\frac{1}{2}$ to left, hold.

JUMP OUT, JUMP IN, STOMP RIGHT FORWARD, HOLD, 3 HOPS ½ TURN LEFT, HOLD

1-2-3-4 Jump both feet out to sides, jump both feet back in together, stomp left foot forward, hold

5-6-7-8 (Pick up right foot) and do 3 hops on left foot turning ½ to right, hold.

(ON 45 DEGREES RIGHT) STEP HOLD, LOCK HOLD, TRIPLE FULL TURN RIGHT Option shuffle forward on diagonal

1-2-3-4 Step 45 right on right, hold, lock left up behind right, hold,

5-6-7-8 Triple full turn (right-left-right), hold, (option: step together step hold, moving forward on 45

(ON 45 DEGREES LEFT) STEP LOCK, TRIPLE FULL TURN LEFT Option shuffle forward on diagonal

1-2-3-4 Step 45 left on left, hold, lock right up behind left, hold, triple full turn (left-right-left), hold 5-6-7-8 Triple full turn (right-left-right), hold (option: step together step hold, moving forward on 45 left)

KICK RIGHT 45 LEFT, DOUBLE KICK RIGHT TO 45 RIGHT, HOLD, BEHIND SIDE CROSS (FRONT), HOLD

1-2-3-4 Kick right foot across left 45, kick right foot to right 45 twice, hold 5-6-7-8 Step right behind left, step left to left, step right across in front of left, hold

SIDE ROCK RECOVER, CROSS, HOLD, SIDE ROCK RECOVER, CROSS, HOLD

1-2-3-4 Step/rock left out to left, recover onto right, step left across front of right, hold 5-6-7-8 Step/rock right out to right, recover onto left, step right across front of left, hold

KICK LEFT 45 RIGHT, DOUBLE KICK LEFT TO 45 LEFT, HOLD, BEHIND SIDE CROSS (FRONT), HOLD

1-2-3-4 Kick left foot across right 45, kick left foot to left 45 twice, hold

5-6-7-8 Step left behind right, step right to right, step left across in front of right, hold

SIDE ROCK RECOVER, CROSS, HOLD, SIDE ROCK RECOVER, CROSS, HOLD

1-2-3-4 Step/rock right out to right, recover onto left, step right across front of left, hold Step/rock left out to left, recover onto right, step left across front of right, hold

REPEAT

TAG

Do the dance twice through & on the 3rd time dance up to count 38. Bring right foot next to left on count 4. Then carry on to Part B (chorus) to end of music.