

Watch Out!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kathy Hunyadi (USA)
音樂: You Spin Me Round (Like a Record) - Dead or Alive



Dance starts after 16 count intro after "Watch out, here I come..."

KICK, KICK, 3 SAILOR SHUFFLES, ¼ TURN RIGHT

1-2 Kick right foot forward, kick right foot out to side
3&4 Step right foot behind left, step side left, step right foot beside left
5&6 Step left foot behind right, step side right, step left foot beside right
7&8 Step right foot behind left as you turn ¼ to right, step beside right, step right foot in place

SYNCOPATED WEAVE RIGHT, JUMP & TOUCH, CROSS UNWIND ½ LEFT, CLAP, CLAP

1&2& Cross left foot over right, step right slightly side right, cross left foot behind right, step right slightly side right
3&4 Cross left foot over right, step right slightly side right, cross left foot behind right
&5&6 Step right to side, point left toe out to side, step left next to right, cross right tightly over left
7&8 Unwind ½ to left (weight on right), clap twice

MASHED POTATOES TRAVELING BACK

&1 Lift left foot slightly off floor and turn both toes in/heels out, step back onto left foot as you turn both toes out/heels in
&2 Lift right foot slightly off floor and turn both toes in/heels out, step back onto right foot as you turn both toes out/heels in
&3 Lift left foot slightly off floor and turn both toes in/heels out, step back onto left foot as you turn both toes out/heels in
&4 Swivel both heels out & in
&5-8 Repeat mashed potatoes traveling back leading with right foot

ROCK, STEP, SHUFFLE FORWARD, ½ TURN LEFT, SHUFFLE ½ TURN

1-2 Rock back on left foot, step in place on right foot
3&4 Shuffle forward left, right, left
5-6 Step forward on right foot, ½ turn left, step on left
7&8 Turn ½ left while shuffling in place right, left, right

CROSS, HOLD, CROSS, HOLD, CROSS UNWIND ½ RIGHT, SHUFFLE

1-2&3-4 Cross left over right, hold, step right foot to side, cross left over right, hold
&5-6 Step right foot to side, cross left over right tightly, unwind ½ right (weight on right)
7&8 Shuffle in place left, right, left

PADDLE TURN ½ RIGHT, CROSS, STEP, SAILOR SHUFFLE

1&2 Step forward and across with right foot starting to turn right, step side & slightly back on ball of left, step right forward with toes turned out and continue turning right
&3&4 Step back side & slightly back on ball of left, step right forward with toes turned out, step side & slightly back on ball of left, step right forward with toes turned out

You will have completed ½ turn right

5-6 Cross left over right, step right foot to right
7&8 Cross left behind right, step right to side, step left beside right

REPEAT

