World At Your Feet



拍數: 0 編數: 1 級數: Intermediate/Advanced

編舞者: Janet Mutlow

音樂: World At Your Feet - Embrace



Sequence: A, B, C, B, D, E, B

SECTION A HEEL BOUNCES

1-8 With weight on balls of feet lift and drop heels 8 times

STEP, HEELS

1-2	Step right to right side, touch left heel to floor beside right
3-4	Step left to left side, touch right heel to floor beside left
5-6	Step right to right side, touch left heel to floor beside right
7-8	Step left to left side, touch right heel to floor beside left

EXTENDED GRAPEVINE RIGHT, TOUCH LEFT

1-3	Step right to right side,	cross left behind right	step right to right side

4-5 Cross left in front of right, step right to right side

6-7-8 Cross left behind right, step right to right side, touch left beside right

EXTENDED GRAPEVINE LEFT, TOUCH RIGHT

1-3 Step left to left side, cross r	aht behind left. ste	p left to left side
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4-5 Cross right in front of left, step left to left side

6-7-8 Cross right behind left, step left to left side, touch right beside left

CHASSÉ RIGHT, SCUFF LEFT CROSS, CHASSÉ LEFT, SCUFF RIGHT CROSS

1-3 Step right to right side, close left beside right, step right to right side

4 Scuff left across right to right diagonal front

5-6-7 Step left to left side, close right beside left, step left to left side

8 Scuff right across left to left diagonal front

TOE STRUTS BACK RIGHT AND LEFT

1-2-3	Step right toe back, drop right heel taking weight, step left toe back
1-2-0	OLED HAHL LOE DACK, AIOD HAHL HEEF LAKINA WEIGHL, SLED IEH LOE DACK

4-5-6 Drop left toe taking weight, step right toe back, drop right heel taking weight

7-8 Step left toe back, drop left toe taking weight

STEP, HEEL HITCHES

1-6 Step right, left heel hitch, step left, right heel hitch, step right, left heel hitch

7-8 Step left, right heel hitch

CHASSÉ, HITCH, CHASSÉ, HITCH

1-2-3 Step right to right side, close left beside right, step right to right side

4-5-6 Hitch left knee up, step left to left side, close right beside left

7-8 Step left to left side, hitch right knee up

STEP RIGHT, HITCH 3 TIMES, STEP LEFT, HITCH 3 TIMES

1-4 Step right, hitch left knee up 3 times without replacing weight (as if kneeing a football)

5-8 Step left, hitch right knee up 3 times without replacing weight

STAR

1-2	Step forward right on diagonal, touch left behind right
3-4-5	Step back left on diagonal, touch right in front of left, step back right on diagonal
6-7-8	Touch left in front of right, step forward left on diagonal, touch right behind left
SECTION B CHASSÉ RIGH	T, STEP LEFT, RIGHT TAPS, KICK, STEP
1-2-3	Step right to right side, close left beside right, step right to right side
4-5-6	Step left beside right, tap right toe twice
7-8	Kick right, step right
TOE STRUTS F	FORWARD LEFT
1-2-3	Step left toe forward, drop left heel taking weight, step right toe forward
4-5	Drop right toe taking weight, step left toe forward
6-7-8	Drop left heel taking weight, step right toe forward, drop right toe taking weight
CHASSÉ LEFT	, STEP RIGHT, LEFT TAPS, KICK, STEP
1-2	Step left to left side, close right beside left
3-4-5-6	Step left to left side, step right beside left, tap left toe twice
7-8	Kick left, step left
TOE STRUTS E	BACK RIGHT AND LEFT
1-2-3	Step right toe back, drop right heel taking weight, step left toe back
4-5	Drop left toe taking weight, step right toe back
6-7-8	Drop right heel taking weight, step left toe back, drop left toe taking weight
CHASSÉ RIGH	T, STEP LEFT, 3 RUNS BACK RIGHT, KICK LEFT
1-2-3-4	Step right to right side, close left beside right, step right to right side, step left
5-6-7-8	Run back for 3 steps on right, left, right, kick left
CHASSÉ LEFT	, STEP RIGHT, 3 RUNS FORWARD LEFT, KICK RIGHT
1-2-3-4	Step left to left side, close right beside left, step left to left side, step right
5-6-7-8	Run forward for 3 steps on left, right, left, kick right
BALL CHANGE	S
1-8	Step right behind left ball change transferring weight from right to left 4 times
RONDE FORW	ARD RIGHT, KICK, STEP, JUMP
1-4	Prepare right foot behind left and sweep it around forward
5-6	Kick right, step right
7-8	JUMP AND LAND ON BOTH FEET AS YOU RAISE BOTH ARMS
SECTION C	
	RAPEVINE RIGHT, TOUCH LEFT
1-2-3	Step right to right side, cross left behind right, step right to right side
4-5	Cross left in front of right, step right to right side
6-7-8	Cross left behind right, step right to right side, touch left beside right
	RAPEVINE LEFT, TOUCH RIGHT
1-2-3	Step left to left side, cross right behind left, step left to left side
4-5	Cross right in front of left, step left to left side
6-7-8	Cross right behind left, step left to left side, touch right beside left
STAR	
1-2-3	Step forward right on diagonal, touch left behind right, step back left on diagonal
4-5-6	Touch right in front of left, step back right on diagonal, touch left in front of right

TOE STRUTS BACK RIGHT AND LEFT

1-2-3	Step right toe back, drop right heel taking weight, step left toe back
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4-5-6 Drop left toe taking weight, step right toe back, drop right heel taking weight

7-8 Step left toe back, drop left toe taking weight

STEP RIGHT, LEFT TOE FAN, STEP LEFT, RIGHT TOE FAN

Step right, fan left toe to left side and return toe to center twiceStep left, fan right toe to right side and return toe to center twice

SLIDE RIGHT, TOUCH LEFT, SLIDE LEFT, TOUCH RIGHT

1-2-3 Slide right to right side while keeping foot in contact with the floor

4 Touch left beside right

5-6-7 Slide left to left side while keeping foot in contact with the floor

8 Touch right beside left

SECTION D

CHASSÉ RIGHT, STEP LEFT, 3 RUNS BACK RIGHT, KICK LEFT

1-2-3-4 Step right to right side, close left beside right, step right to right side, step left

5-6-7-8 Run back for 3 steps on right, left, right, kick left

CHASSÉ LEFT, STEP RIGHT, 3 RUNS FORWARD LEFT, KICK RIGHT

1-2-3-4 Step left to left side, close right beside left, step left to left side, step right

5-6-7-8 Run forward for 3 steps on left, right, left, kick right

BALL CHANGES

1-8 Step right behind left ball change transferring weight from right to left 4 times

RONDE FORWARD RIGHT, KICK, STEP, JUMP

1-4 Prepare right foot behind left and sweep it around forward

5 Kick right6 Step right

7-8 Jump and land on both feet as you raise both arms

SECTION E

Danced with raised arms throughout

STAR

1-2-3 Step forward right on diagonal, touch left behind right, step back left on diagonal 4-5-6 Touch right in front of left, step back right on diagonal, touch left in front of right

7-8 Step forward left on diagonal, touch right behind left

STAR

1-2-3 Step forward right on diagonal, touch left behind right, step back left on diagonal
 4-5-6 Touch right in front of left, step back right on diagonal, touch left in front of right
 7-8 Step forward left on diagonal, touch right behind left

FULL PADDLE TURN RIGHT

1 Step forward right with left foot behind

2-8 Pivot full turn right on the balls of the feet changing weight (feet do not leave the floor) for 7

counts

EXTENDED GRAPEVINE RIGHT, TOUCH LEFT

1-2-3 Step right to right side, cross left behind right, step right to right side 4-5-6 Cross left in front of right, step right to right side, cross left behind right 7-8 Step right to right side, touch left beside right

EXTENDED GRAPEVINE LEFT, TOUCH RIGHT

1-2-3 Step left to left side, cross right behind left, step left to left side
4-5-6 Cross right in front of left, step left to left side, cross right behind left

7-8 Step left to left side, touch right beside left

FULL PADDLE TURN RIGHT

1 Step forward right with left foot behind

2-8 Pivot full turn right on the balls of the feet changing weight (feet do not leave the floor) for 7

counts

STAR

1-2-3	Step forward right on diagonal, touch left behind right, step back left on diagonal
4-5-6	Touch right in front of left, step back right on diagonal, touch left in front of right
7-8	Step forward left on diagonal, touch right behind left

STAR

1-2-3 Step forward right on diagonal, touch left behind right, step back left on diagonal 4-5-6 Touch right in front of left, step back right on diagonal, touch left in front of right

7-8 Step forward left on diagonal, touch right behind left