

Impress Me

拍數: 32 牆數: 2 級數: Improver
編舞者: Becky Neale (UK)
音樂: That Don't Impress Me Much (Dance Mix) - Shania Twain



SUGAR FOOT SWIVELS RIGHT, ROCK FORWARD, ROCK BACK, RIGHT COASTER STEP

1 Touch right toe to left instep while swiveling left heel to right
2 Touch right heel to left instep while swiveling left toes to right
3 Touch right toe to left instep while swiveling left heel to right
4 Touch right heel to left instep while swiveling left toes to right
5-6 Rock forward onto the right foot, rock back onto left foot
7&8 Step back on right foot, step left foot next to right, step forward on right foot

SUGAR FOOT SWIVELS LEFT, ROCK FORWARD, ROCK BACK, LEFT COASTER STEP

9 Touch left toe to right instep while swiveling right heel to left
10 Touch left heel to right instep while swiveling right toes to left
11 Touch left toe to right instep while swiveling right heel to left
12 Touch left heel to right instep while swiveling right toes to left
13-14 Rock forward onto the left foot, rock back onto right foot
15&16 Step back on left foot, step right foot next to left, step forward on left foot

SASSY STRUTS (TOE STRUTS WITH SHOULDER SIDE ROCKS), TWO ¼ TURNS LEFT

17& Step right toe forward while lifting the right shoulder, drop right shoulder and lift left shoulder
18 Put right heel to floor while dropping left shoulder and lifting right shoulder
19& Step left toe forward while lifting the left shoulder, drop left shoulder and lift right shoulder
20 Put left heel to floor while dropping right shoulder and lifting left shoulder

During sassy struts arms are down by your side

21-22 Step forward right foot pivot ¼ turn left, transfer the weight to the left foot
23-24 Step forward right foot pivot ¼ turn left, transfer the weight to the left foot

These ¼ turns can be done with left hip rolls

TOE STRUTS : RIGHT, LEFT, JAZZ JUMPS TWICE

25-26 Step right toe forward, drop right heel to the floor
27-28 Step left toe forward, drop left heel to the floor
&29 Jump feet shoulder width apart at diagonals (right foot forward, left foot back)

Arms should be down by your side with palms face down

30 Hold
&31 jump feet shoulder width apart at diagonals (left foot forward, right foot back)

Arms should be down by your side with palms face down

32 Hold

REPEAT

Steps 7&8 Coaster steps can be replaced by full turn to the right

Steps 15&16 Coaster steps can be replaced by full turn to the left

Steps 25-28 Toe struts can be replaced with sassy struts

On the third wall replace steps 29-32 with street wise running man steps.

&29&30 Jump feet shoulder width apart at diagonals (right foot forward, left foot back), jump feet together hitching left knee, jump feet shoulder width apart at diagonals (left foot forward, right foot back), jump feet together hitching right knee

&31&32

Jump feet shoulder width apart at diagonals (right foot forward, left foot back), jump feet together hitching left knee, jump feet shoulder width apart at diagonals (left foot forward, right foot back), jump feet together hitching right knee
