

In Sync Sensation

拍數: 64 牆數: 2 級數: Advanced
編舞者: Tanya Curry (USA)
音樂: If You Want To Touch Her, Ask! - Shania Twain



Styling by Joe Dumas

RIGHT HEEL MOVEMENTS, SIDE STEPS, TOE SWIVEL

- 1-2 Touch right heel forward, touch right toe back
- 3&4 Touch right toe forward, touch right toe to the side, touch right toe back
- 5-6 Step right foot to the side (big step), slide left up to and beside right
- 7&8 Swivel left foot to the left, toe, heel, toe

HEEL/BALL TWIST, COASTER, STEP PIVOT

- 1 Turn $\frac{1}{4}$ to the left as you take a small step forward on right foot (with ball of foot turned in) then twist ball of right foot outward and heel of left foot inward
- & Twist ball of right foot inward and heel of left foot outward
- 2 Small step forward on left foot with ball of foot turned in, then twist ball of left foot outward and heel of right foot inward
- & Twist ball of left foot inward and heel of right foot outward
- 3& Repeat 1&
- 4 Twist ball of right foot outward and heel of left foot inward

The above step pattern was borrowed from Prince's Bridge, a line dance choreographed by Richard Tymko.

- 5&6 Coaster: step back right, step back left, step forward right
- 7-8 Step left forward pivot $\frac{1}{2}$ right

SIDE TOUCHES/PIVOT

- 1 Turn $\frac{1}{4}$ to the right as you touch left toe to the side
- &2 Step left foot beside right foot, touch right toe to the side
- &3-4 Step right foot beside left, touch left toe forward, touch left toe back
- 5-6 Pivot $\frac{1}{2}$ turn to the left, hold
- 7-8 Pivot $\frac{1}{2}$ turn to the right, pivot $\frac{1}{2}$ turn to the left

VINE, HEEL JACKS

- 1-2 Turn $\frac{1}{4}$ to the left and step right foot to the side, step left behind right
- &3-4 Step right to the side, cross left over right, pivot $\frac{1}{2}$ right
- &5 Step left foot back slightly at an angle as you touch right heel forward
- 6 Step right foot to home position as you hitch left knee (body is angled $\frac{1}{8}$ turn to the right)
- &7-8 Repeat &5-6

KNEE CLICKS/JOGS

- & Step left foot (big step) back slightly at an angle
- 1 Step right foot beside left foot bringing toes of both feet together, bend knees and lower body crossing arms (low)
- 2 Bring heels together (uncross arms)
- 3&4 Bring toes together (cross arms), bring heels together (uncross arms), stand up, point toes forward and bring hands up palms to chest
- 5& Jogs: rock forward onto ball of right foot, transfer weight onto left foot, with hands together (fingers locked) and palms up, push hands to floor
- 6& Rock back onto ball of right foot, transfer weight onto left foot, with hands together and palms down, push hands to floor
- 7& Repeat 5&

8 Touch right toe back, with hands together, bring hands over head

SHOULDER TOUCHES

- 1 Pivot $\frac{1}{4}$ to the right (legs shoulder width apart), distribute weight evenly on both feet, unlock hands and circle them over head slapping sides of body
- 2 Touch right fist to left shoulder (hold footwork)
- 3 Touch left fist to right shoulder (hold footwork)
- & Uncross arms as you touch right fist to right shoulder and left fist to left shoulder
- 4 Twist body and heels to the right as you turn $\frac{1}{4}$ left extend right hand (as if you're going to shake hands)
- 5-6 Step right foot to the side, step left behind right
- &7-8 Step right foot to the side, cross left over right, pivot $\frac{3}{4}$ right

CROSS TOUCH HEEL, STEP SIDE AND TURN

- 1-2 Cross right foot over left, step left to the side
- &3 Angle body $\frac{1}{8}$ turn to the right as you step right foot back and touch left heel forward (lean back slightly)
- 4 Step onto left foot (like you're pulling weight on to left foot) and step right to the side
- 5 Touch hands to knees/head down
- 6 Look up
- 7 Standup as you touch right hand to right hip
- 8 Place left hand to the back of your hand

HIP ROLLS

- 1-4 Roll hips to the left twice using 2 counts for each roll (make it sexy)
- &5-8 Pivot on the ball of the left foot as you turn $\frac{1}{2}$ to the left and repeat hip roll (do what feels right here, you may substitute a body roll, double time the hip movement or do any other body movement here, end with weight on left foot)

REPEAT
