

Holding Pattern

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kathy Hunyadi (USA) & Peter Metelnick (UK)
音樂: Holding Pattern - Junior Brown



This dance was choreographed in Feb. 1999 on the Carnival Cruise Ship Ecstasy

RIGHT FOOT HOLD, LEFT FOOT HEEL TAP

- 1 Place right foot forward, hold for 3 counts
&5 Quickly bring right foot next to left; place left foot forward
6-8 Tap left heel three times keeping weight on right foot

LEFT SAILOR SHUFFLE, RIGHT SAILOR SHUFFLE, JAZZ JUMP FORWARD & BACK WITH CLAPS

- 1&2 Cross left foot behind right, step side right, step left next to right
3&4 Cross right foot behind left, step side left, step right next to left
&5-6 Jump left foot forward, step right foot next to left, hold & clap
&7-8 Jump left foot back, step right foot next to left, hold & clap (weight on right foot)

FULL PADDLE TURN LEFT, WEAWE LEFT, RIGHT SAILOR SHUFFLE

- 1&2 Step left foot slightly to left-toe turned out, rock right back & to right side slightly with ball of foot, step left foot in place toe turned out
&3&4 Continue for counts &3&4 making one full revolution left
Arm styling: right arm pointing up at 45 degree angle, left arm pointing down at 45 degree angle; make like a plane & fly!
5-6 Cross step right foot over left, step left foot to left side
7&8 Cross right foot behind left, step side left, step right foot next to left

CROSS, HOLD, CROSS, HOLD; CROSS UNWIND $\frac{3}{4}$ RIGHT; LEFT FORWARD SHUFFLE

- 1-2 Cross step left foot over right; hold
&3-4 Quickly step right foot to side, cross step left foot behind right; hold
&5-6 Quickly step left foot over right, unwind $\frac{3}{4}$ to right keeping weight on right foot
7&8 Shuffle forward left, right, left

REPEAT

To fit the music, the dance phrases in 32 counts and then 36 counts. Every second wall (starting with the 2nd wall) you have to add the following 4 counts:

- 1-4 Walk forward right, left, right, left (You can vary this any way you like. Try "rubber legs")

At the end of the 9th wall (right side wall), use the 36 count phrasing. This happens during the instrumental and will mean that you will be doing the 36 count version of the dance twice in a row. Then keep alternating between 32 & 36 counts until the end of the song!

I had a great time choreographing this dance with Peter. I hope we can collaborate again in the future!

-- Kathy Hunyadi