

Holy Smoke

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Tina Scammell (AUS)
音樂: Shannon Lee - The Magnificent Seven



Sequence: AB, AB, A to 32 and restart with B, AA

PART A

SHUFFLE RIGHT, ROCK, KICK BALL CROSS TWICE

1&2-3-4 Step right to right side, left next to right, right to right side, rock back on left, forward on right
5&6 (Angle body 45° left) kick left, step on ball of left, cross right over left
7&8 (Angle body 45° left) kick left, step on ball of left, cross right over left

LEFT SIDE ROCK, WEAVING VINE, ¼ TURN LEFT

1-2 Step/rock left to left side, return weight on to right
3-4 Cross left over right, step right to right side
5-6 Cross left behind right, step right to right side
7 Cross left over right
8 Step right to right side pivot with weight on right turn ¼ turn left hooking left across right

LOCK STEPS WITH SCUFF

1-4 Step left forward, lock right behind left, step left forward, scuff right
5-8 Step right forward, lock left behind, step right forward, scuff left

½ TURN RIGHT, STEP FORWARD, HOLD, ½ TURN LEFT, STEP FORWARD HOLD

1-4 Step left forward, pivot ½ turn right finish with weight on right, step left forward, hold
5-8 Step right forward, pivot ½ turn left finish with weight on left, step right forward, hold

On restart do counts 5-8 as a ¼ turn (third a sequence)

5-8 Step right forward, pivot ¼ turn left finish with weight on left, tap right next to left, hold & clap

LEFT SIDE ROCK CROSS HOLD, RIGHT SIDE ROCK CROSS HOLD

1-4 Step/rock left to left side, return weight on to right, cross left over right, hold
5-8 Step/rock right to right side, return weight on to left, cross right over left, hold

BACK LOCK BACK KICK, FULL TURN RIGHT

1-4 Step left back, lock/cross right over left, step left back, kick right
5-8 (On the spot) full turn right stepping right, left, right, left together,

TWIST RIGHT, TWIST LEFT

1-4 Move heels right, move toes right, move heels right, hold and clap
5-8 Move heels left, move toes left, move heels left, hold and clap

¼ TURN, ½ TURN, HIP BUMPS

1-2 Step right forward, ¼ turn left finish with weight on left
3-4 Step right forward, pivot ½ turn left finish with weight on left
5-8 Step right forward and bump hips twice forward to right, bump hips twice back to left

PART B

KICK RIGHT, KICK LEFT, SLAP RIGHT, SLAP LEFT, SHIMMY FORWARD, SHIMMY BACK

1&2& Kick right across left & replace weight on right, kick left across right & replace weight on left,
3& Flick right up behind left and slap with left hand, & replace weight on right
4 Flick left up behind right and slap with right hand,

- 5-6 Step left forward, (lean forward and crouch down) shimmy shoulders
- 7-8 (Stand up straight and lean back) return weight to right, shimmy shoulders

ROLLING VINE LEFT, ROLLING VINE RIGHT, CROSS

- 1-2 ¼ left stepping left forward, ¼ left stepping right to right side,
- 3-4 ½ left stepping left to left side, tap right next to left and clap
- 5-6 ¼ right stepping right forward, ¼ right stepping left to left side
- 7-8 ½ right stepping right to right side, cross left in front of right

STEP RIGHT, SLIDE, ¼ RIGHT, TAP, BACK LOCK BACK TAP

- 1-4 Step right to right side, slide left up to right, ¼ right stepping right forward, tap left next to right
- 5-8 Step left back, lock/cross right over left, step left back, tap right next to left

SIDE ROCK, CROSS, SIDE ROCK, CROSS, STEP SLIDE

- 1-3 Step/rock right to right side, return weight on to left, cross right over left
- 4-6 Step/rock left to left side, return weight on to right, cross left over right
- 7-8 Large step right to right side, slide left up to right

KNEE TWIST, STEP SLIDE, KNEE TWIST, STOMP KICK

- 1-2 (Knee bent and left toe pointed) twist left knee ¼ left, return,
- 3-4 Large step left to left side, slide right up to left
- 5-6 (Knee bent and right toe pointed) twist right knee ¼ right, return
- 7-8 Stomp right next to left, kick right (turning body on diagonal right)

SHUFFLE BACK, SHUFFLE BACK KICK RIGHT, LEFT, RIGHT, RIGHT.

All done on angle facing 5:00

- 1&2 Step right back & step left next to right, step right back
- 3&4 Step left back, & step right next to left, step left back
- 5&6& Kick right across left & replace weight on right, kick left across right & replace weight on left,
- 7-8 Kick right across left twice

Optional hand move

- 5 (Arms straight palms facing floor) swing hands opposite to kicking leg left forward right back
- 6 Right forward left back
- 7 Left forward right back
- 8 Hold
- 9-16 Repeat previous 8 counts

STEP LOCK, SHUFFLE FORWARD, FULL TURN RIGHT, ¼ SLIDE

- 1-2 Step right forward, lock left behind right
- 3&4 Step right forward, step left next to right, step right forward
- 5-6 Turn ½ right stepping left back, turn ½ right stepping right forward
- 7 Turn ¼ right stepping left a large step to left, (now facing 6:00)
- 8 Slide right up to left and pop right knee over/towards left

Optional hand move

- 7 Put both arms out to each side (or earlier on 5-6)
- 8 (As sliding together with feet) drop hands taking right behind and left in front of chest, click fingers

REPEAT
