

Help! I'm A Fish

拍數: 0 牆數: 0 級數:
編舞者: David-Ian Blakeley (UK)
音樂: Unknown



Sequence: ABC, ABC, ABBBB, Last 32 of C, AA

PART A

WALK RIGHT, LEFT, RIGHT SHUFFLE, ROCK STEP, SAILOR STEP

1-2 Step forward right foot, step forward left foot
3&4 Right shuffle forward. (right, left, right)
5-6 Rock forward left, recover on right
7&8 Step left behind right, step right to right side, step left to left

STEP TURN, ROCK & CROSS, ROCK & CROSS, ROCK, RECOVER

9-10 Step forward right, pivot ½ turn left. (weight on left)
11&12 Rock right to right side, recover on left, cross right over left
13&14 Rock left to left side, recover on right, cross left over right
15-16 Rock back on right, recover on left

WALK RIGHT, LEFT, RIGHT SHUFFLE, ROCK STEP, SAILOR STEP

17-18 Step forward right foot, step forward left foot
19&20 Right shuffle forward. (right, left, right)
21-22 Rock forward left, recover on right
23&24 Step left behind right, step right to right side, step left to left

STEP TURN, ROCK & CROSS, ROCK & CROSS, ROCK, RECOVER

25-26 Step forward right, pivot ½ turn left. (weight on left)
27&28 Rock right to right side, recover on left, cross right over left
29&30 Rock left to left side, recover on right, cross left over right
31-32 Rock back on right, recover on left

PART B

STEP ¼ TURN, STEP ¼ TURN, TOUCH & TOUCH & TOUCH

1-2 Step forward right, pivot ¼ turn left, (weight on left foot)
3-4 Step forward right, pivot ¼ turn left, (weight on left foot)
5&6 Touch right toe forward, step right in place, touch left toe forward
&7-8 Step left in place, touch right toe out to right side. Hold

PART C

CROSS, UNWIND ½ TURN, STEP, KICK, SAILOR STEP, SAILOR STEP.

1-2 Cross right over left, unwind ½ turn over left shoulder. (keep weight on left and point right to right side)
3-4 Step to side on right, kick left to left side
5&6 Step left behind right, step right to right side, step left to left
7&8 Step right behind left, step left to left side, step right to right

CROSS, STEP X4, ROCK STEP, SAILOR TURN

9&10 Cross left over right, step right to right side, cross left over right
&11&12 Step right to right side, cross left over right, step right to right side, cross left over right
13-14 Rock right to right side, recover on left
15&16 Step right behind left, step left to left side, step right ¼ turn right

STEP TURN, TRIPLE ½ TURN, ROCK STEP, ¼ TURN LEFT, KICK

- 17-18 Step forward left, pivot ½ turn over right shoulder
19&20 Right shuffle forward (right, left, right) making ½ turn over right shoulder
21-22 Rock back on right foot, recover on left
23-24 Step right ¼ to left, kick left foot forward

CROSS & STEP, CROSS & STEP, TOUCH & TOUCH & TOUCH, HITCH, TOUCH

- 25&26 Cross left in front of right, step right foot back, step left to left side
27&28 Cross right in front of left, step left foot back, touch right next to left
Steps 25-28 should be done traveling back
29&30 Touch right to right side, step right next to left, touch left out to left side
&31&32 Step left next to right, touch right out to right side, hitch right leg, touch right out to right side

COASTER STEP, ROCK STEP, SHUFFLE BACK, & TOUCH, SIT DOWN

- 33&34 Step back right foot, step left next to right, step right foot forward
35-36 Rock forward left foot, recover on right
37&38 Left shuffle back (left, right, left)
&39-40 Step back on right foot, touch left foot forward, bend knees to sitting position

STAND UP, SIT DOWN, STAND UP, SIT DOWN, SAILOR TURN, STEP PIVOT ½

- 41-42 Keeping right foot back & left foot forward, stand up, then sit back down
43-44 Repeat counts 41, 42
45&46 Step left behind right, step right to right side, step left ¼ turn left
47-48 Step forward right, pivot ½ over left shoulder

Weight on left foot**JUMP BACK, TWIST, TWIST ¼ TURN, COASTER STEP, STEP TURN**

- &49&50 Jump back right foot then left foot, making ½ over left shoulder, wiggling hips at the same time
51-52 Twist heels right, twist heels left making ¼ turn right
53&54 Step back right foot, step left next right, step right foot forward
55-56 Step forward left foot, pivot ½ over right shoulder

Weight on right**STEP, STEP, HOLD FOR TWO, HIP BUMPS**

- 57-58 Step forward left foot, step right shoulder width apart
59-60 Hold for both counts
61&62 Bump hips right, left, right
63&64 Bump hips right, left, right
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