

# Grease

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: William Sevone (UK) - April 2003  
音樂: Grease - Frankie Valli : (CD: The Theme)



**Choreographers note:- The music is phrased - but the dance is not.. Please read (and use) the dance notes. Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul' Dance starts on the vocal, feet together and weight central.**

## **4x Knee Twists. Behind. Side. Diagonal Heel. Clap (12:00)**

- 1 - 2                      raising both heels – Twist knees to the right. Twist knees to the left.
- 3 - 4                      Twist knees to the right. Twist knees to centre – apply full weight onto right foot.
- 5 - 6                      Step left behind right. Step right to right side.
- 7 - 8                      Touch left heel diagonally left. Clap hands at head height.

## **2x Diagonal Step-Lock-Step. 4x Diagonal Step. (1.30)**

- 9& 10                      Step diagonally forward (10.30) onto left, lock right behind left, step diag forward onto left.
- 11& 12                      Step diagonally forward (1.30) onto right, lock left behind right, step diag forward onto right
- 13 - 14                      Step diagonally left onto left (10.30). Step diagonally right onto right (1.30).
- 15 - 16                      Step diagonally left onto left (10.30). Step diagonally right onto right (1.30).

**Dance note: On all counts: Left diagonal - Lead with left arm. right arm behind. Right diagonal - Lead with right arm, left arm behind.**

## **Kick Ballchange. 4x 'Monkey Time'. 2x Walk Back with 'Monkey Time' (12:00)**

- 17& 18                      Kick left foot forward, step left next to right, step down onto right – straightening up to face 12.00.

**Dance note: Bend both knees slight forward as you step down on count 18.**

- 19 – 20                      step left slightly forward as you – Raise left arm to shoulder height with fist clenched Lower left & raise right arm with fist clenched.
- 21 – 22                      Lower right arm & raise left arm with clenched fist. Lower left & raise right arm with fist clenched
- 23 – 24                      Step backward onto left - lowering right arm & raising left arm with clenched Step backward onto right - lowering left and raising right arm with fist clenched.

## **1/2 Pivot. Cross. Back. Side. Fwd. Cross. Side. 1/4 Toe Touch (3:00)**

- 25 - 26                      Pivot 1/2 right (6). Cross left over right.
- 27 - 28                      Step backward onto right. Step left to left side.
- 29 - 30                      Step forward onto right. Cross left over right.

**Dance note: Counts 26 to 30 perform with slight forward leaning motion.**

- 31 - 32                      Step right to right side. Turn 1/4 left & touch left toe next to right.

**DANCE FINISH: Count 32 of wall 10 (facing 6.00). To add a flourish to the end, do the following - As you touch the left toe next to the right (count 32). Place both hands on hips and 'look' over your left shoulder (looking backward).**

**Then the right and again over your left shoulder – hold during fade.**

Last Revision - 12th Sept 2013