

Goin' Back

拍數: 48 牆數: 4 級數:
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Party - Elvis Presley



Dedicated to Cindy Wells

When dancing to "Party" by Elvis Presley, start during the vocals. He sings "some people like to rock, some people like to roll". You are going to start on the following word "but" as he sings "But movin' and a groovin'..."

LEFT ROCK BACK & RECOVER, LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT KICK BALL CROSS

1-2 Left rock back, recover weight on right
3&4 Step left to side, step right together, step left to side
5-6 Rock right back, recover weight on left
7&8 Kick right forward on right diagonal, step right back, cross step right over left

RIGHT TO SIDE, HOLD, LEFT TOGETHER, RIGHT TO SIDE, HOLD, LEFT CROSS ROCK & RECOVER, ¼ LEFT & SHUFFLE FORWARD

1-2& Step right to side, hold, step left together

Elvis finale: dance above counts 5 times to end of music

3-4 Step right to side, hold
5-6 Cross rock left over right, recover weight on right
7&8 Turning ¼ left step left forward, step right together, step left forward

½ LEFT & RIGHT SLIGHTLY BACK, LEFT TOUCH TOGETHER, LEFT KICK BALL CROSS, RIGHT SYNCOPATED WEAVE

1-2 Turning ½ left step right slightly back, touch left together
3&4 Kick left forward on left diagonal, step left back, cross step right over left
5-6 Rock left to side, recover weight on right
7&8 Cross step left behind right, step right to side, cross step left over right

¼ RIGHT HEEL GRIND, RIGHT COASTER, ¼ LEFT HEEL GRIND, LEFT COASTER

1-2 Touch right heel forward, grind right heel turning ¼ right
3&4 Step right back, step left together, step right forward
5-6 Touch left heel forward, grind left heel turning ¼ left
7&8 Step left back, step right together, step left forward

RIGHT & LEFT FORWARD & APART, HOLD (CLAP), RIGHT & LEFT BACK AND APART, HOLD (CLAP), RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, ½ LEFT PIVOT TURN

&1-2 Step right forward apart, step left apart, hold (optional clap)
&3-4 Step right back & apart, step left apart, hold (optional clap)
5-8 Step right forward, pivot ½ left, step right forward, pivot ½ left

KNEE POPS: RIGHT, HOLD, LEFT, RIGHT, LEFT, HOLD, RIGHT, LEFT

1-2 Touch right together bring right knee in, hold
3-4 Shift weight to right bringing left knee in, shift weight to left bring right knee in
5-6 Shift weight to right bringing left knee in, hold
7-8 Shift weight to left bringing right knee in, shift weight to right bringing left knee in

REPEAT