

# Footsteps

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: William Sevone (UK)  
音樂: Teardrops - Womack & Womack : (Album: The Very Best Of)



Recommended alternate: "Teardrops" (134 bpm)... Sugababes ('Island Life')

Choreographers note:- This is one of those pieces of music that will never go away, as perennial as the grass. If correctly phrased to the music, the dance would have required a number of Restarts and Short Walls. This would have created a higher (Advanced) level of dance – and fewer dancers to enjoy the music. Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts on the vocal with feet together and weight on the right.

## 2x Side-Rock-Rock. Rock. Rock. (12:00)

1 - 2      Step left to left. (turning body slightly right) Rock right behind left.  
3 - 4      Recover onto left. (turning body forward) Step right to right side.  
5 - 6      (turning body slightly left) Rock left behind right. Recover onto right.  
7 - 8      Rock left to left side. Recover onto right.

## 2x Slow Sailor. Fwd Sailor. (12:00)

9 - 10      Step left behind right. Step right to next to right.  
11 - 12      Step left to left side. Step right behind left.  
13 - 14      Step left next to right. Step right to right side.  
15& 16      Step left behind right, step right next to left, step forward onto left.

## 1/4 Left Side. 1/2 Left Side. Cross Shuffle. Rock. Rock. Sailor. (3:00)

17 - 18      Turn 1/4 left & step right to right side (9). Turn 1/2 left & step left to left side (3).  
19& 20      Cross right over left, step left to left side, cross right over left.  
21 - 22      (leaning right) Rock step left to left side. Recover onto right.  
23& 24      Step left behind right, step right next to left, step left to left side

## 1/4 Right Rock Bwd. Rock. 1/4 Left Side. 3/4 Left Fwd. Toe Ballcross. Side Touch. Fwd. (6:00)

25 - 26      Turn 1/4 right & rock backward onto right (6). Recover onto left.  
27 - 28      Turn 1/4 left & step right to right side (3). Turn 3/4 left & step forward onto left (6).  
29& 30      Touch right toe forward, step right next to left, cross left over right.  
31 - 32      Touch right toe to right side. Step forward onto right.

## 2x Shuffle. Toe Ballcross. Side Touch. Fwd. (6:00)

33& 34      Shuffle forward stepping: L.R-L.  
35& 36      Shuffle forward stepping: R.L-R.  
37& 38      Touch left toe forward, step left next to right, cross right over left.  
39 - 40      Touch left toe to left side. Step forward onto left.

## Scuff. Step. Pivot 1/2 Left. 1/4 Left Side. 2x Sailor. (9:00)

41 - 42      Scuff right forward. Step down onto right.  
43 - 44      Pivot 1/2 left (weight on left) (12). Turn 1/4 left & step right to right side (9).  
45& 46      Step left behind right, step right next to left, step left to left side  
47& 48      Step right behind left, step left next to right, step right to right side.

## Behind. 1/4 Right Fwd. Fwd. Pivot 1/4 Right. Cross. Switches. (3:00)

49 - 50      Step left behind right. Turn 1/4 right & step forward onto right (12).  
51 - 52      Step forward onto left. Pivot 1/4 right (weight on right) (3).  
53 - 54      Cross left over right. Touch right toe to right side.

- &55 Step right next to left, touch left toe to left side.  
&56 Step left next to right, touch right toe to right side.

**Touch: Cross-Side-Behind-Side. Fwd. Kick. Bwd. Together. (3:00)**

- 57 - 58 Cross right toe over left. Touch right toe to right side.  
59 - 60 Cross right toe behind left. Touch right toe to right side.  
61 - 62 Step forward onto right. Kick left forward.  
63 - 64 Step backward onto left. Step right next to left.
-