

Fraggle Rock

拍數: 32 牆數: 4 級數: Improver
編舞者: Johnny Montana (USA)
音樂: Fraggles Rock (Montana Mix) - Johnny Montana



When doing dance to "Sugarfoot Rag" by Porter Wagoner start after 16 count intro and do dance as written without any breaks etc.

SHUFFLE WITH ¼ TURN RIGHT, SHUFFLE WITH ½ TURN RIGHT

1&2 Shuffle to the right side right, left, right (make a ¼ turn right (to the right) as you shuffle)
3&4 Shuffle forward left, right, left (make a ½ turn right (to the right) as you shuffle)

COASTER STEP, SKATE, SKATE

5&6 Step back onto right foot, step onto left foot next to right, step forward onto right
7-8 Slide left foot forward and out to side, slide right foot forward and out to side

SHUFFLE WITH ¼ TURN LEFT, SHUFFLE WITH ½ TURN LEFT

9&10 Shuffle to the left side left, right, left (make a ¼ turn left (to the left) as you shuffle)
11&12 Shuffle forward right, left, right (make a ½ turn left as you shuffle)

COASTER STEP, SKATE, SKATE

13&14 Step back onto left foot, step onto right foot next to left, step forward onto left
15-16 Slide right foot forward and out to side, slide left foot forward and out to side

KICK-BALL-STEP, KICK-BALL-STEP

17&18 Kick right foot forward, step onto sole of right foot next to left, step forward onto left foot
19&20 Kick right foot forward, step onto sole of right foot next to left, step forward onto left foot

ROCK, REPLACE, COASTER STEP WITH ¼ TURN LEFT

21-22 Rock forward onto right foot, replace weight back onto left foot
23&24 Step back onto right foot, step onto left foot next to right, step forward onto right foot making a ¼ turn to left

SAILOR STEPS

25&26 Cross left foot behind right and step onto sole of left foot, step slightly to right side onto sole of right foot, step to left side onto left foot
27&28 Cross right foot behind left and step onto sole of right foot, step slightly to left onto sole of left foot, step to right side onto right foot

ROCK, REPLACE, COASTER STEP

29-30 Step forward onto left foot, replace weight back onto right foot
31-32 Step back onto left foot, step onto right foot next to left, step forward onto left

Option for last 4 steps:

STEP, TURN, STEP-TURN-STEP

29-30 Step forward onto left foot, make a ½ turn pivot to right (to the right) and replace weight back onto right foot
31&32 Step forward onto left foot, make a ½ turn pivot to right (to the right) and replace weight back onto right foot, step slightly forward onto left foot

REPEAT

This is a modified mp3 I made from the original "Fraggle Rock" song. I took out some unwanted stuff to make it more "phraseable". If you would like a copy, email me. Also, there is a 16 count instrumental intro and then a 16 count verse. Start after the instrumental and do the first 16 steps of the dance then begin again doing a

full wall. Then there is a 4 count bridge. Do 2 right kick-ball-changes and start the dance from the top and continue dancing with no further breaks, etc.
