

The First Sign

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jay Lemme (USA)
音樂: The Sign - Ace of Base



JUMP TO LEFT, PIGEON TOES TO LEFT, HOOK RIGHT OVER LEFT AND TURN ½ LEFT, KICK LEFT, HOOK RIGHT OVER LEFT AND TURN ½ LEFT, LEFT SAILOR STEP

- 1 Jump to left with feet spread apart and toes pointed outward
2&3 Pigeon toes to left: bring left heel out and right toe in, bring left toe out and right heel in, bring left heel out and right toe in
&4 Hook right foot over left and turn ½ left (weight switches to right)
5&6 Kick left leg forward, hop step left in place and hook right over left immediately and turn ½ left
7&8 Left sailor step (left-right-left)

TAP RIGHT TOE (TWICE), KICK BALL CROSS, LOCK STEP, ROCK, RECOVER WITH ¼ TURN LEFT, FORWARD TOGETHER, BACK TOGETHER, WALK RIGHT FORWARD

- &1 Tap right toe next to left twice
2&3 Right kick, step right next to left, cross left over right
&4 Lock right behind left, step left forward
5-6 Rock right out to right, recover weight on left while making a ¼ turn left
7&8&1 Step right forward, step left next to right, step right back, step left next to right, walk right forward

¾ TURN RIGHT, STEP LEFT TO LEFT AND SLIDE RIGHT NEXT LEFT AND TOUCH, STEP RIGHT TO RIGHT, STEP LEFT BEHIND RIGHT, STEP RIGHT TO RIGHT WITH HEELS POINTED OUTWARD, SWIVEL HEELS INWARD, KICK RIGHT FORWARD, ROCK BACK ON RIGHT, STEP LEFT IN PLACE, WALK RIGHT FORWARD

- 2&3-4 Make ¾ turn right and step left far to left, drag right next to left and touch: step left forward and start making the turn on count two, switch weight to right and bring left around to help with the spin, step left out far to left for count three and drag right next to left for count four - just touch right next to left
5-6 Step right to right, step left behind right
&7&8&1 Step right to right and point both heels outward (legs are spread apart), swivel both heels inward, kick right forward, rock back on right and lift left leg as if it's in a hitched position, step left in place, walk right forward

WALK LEFT FORWARD, STEP RIGHT BACK, KICK LEFT LEG FORWARD, STEP LEFT NEXT TO RIGHT, CROSS STEP RIGHT OVER LEFT, STEP LEFT FAR TO LEFT, SLIDE RIGHT NEXT TO LEFT WITH A TOUCH WHILE MAKING A ¼ TURN RIGHT, JUMP BOTH FEET OUT, CROSS BOTH FEET, UNWIND ½ TURN LEFT

- 2 Walk left forward
&3&4 Step right back slightly, kick left leg forward, step left next to right, cross step right over left
5-6 Step left far to left, slide right next to left while making a ¼ turn right and touch right next to left
7&8 Jump right to right and left to left at same time (legs are spread), jump to cross right over left and left behind right at same time, unwind ½ turn left

REPEAT

TAG

Only happens when using the song "The Sign" by Ace of Base, on Wall 3 after count 16. After the 'forward together, back together' on counts 7&8&1, start performing a jazz box with a ¼ turn right by crossing right over left, step left back, step right to right while starting to turn ¼ right, touch left next to right completing the ¼

turn right. Start this on count one in place of walking right forward. You will restart the dance from the beginning on wall 3 again. This tag only happens once during the entire song.
