

Elise

拍數: 48 牆數: 4 級數: Improver
編舞者: Lyn Richardson & Annette Richardson
音樂: Elise - Don Williams



RIGHT HEEL BALL CROSS TWICE, ROCK REPLACE, BEHIND SIDE ¼ TURN STEP

- 1&2 Touch right heel forward diagonally right, step ball of right of right next to left, step left across in front of right
3&4 Touch right heel forward diagonally right, step ball of right of right next to left, step left across in front of right
5-6 Step right to right side, step left to left side
7&8 Step right behind left, step left to left side, ¼ turn to left, step forward right

STEP LOCK AND SHUFFLE, 2 X ¼ TURN PADDLES

- 1-2 Step forward left, lock right behind left
3&4 Shuffle forward left-right-left
5-6 Step right forward, pivot ¼ turn left
7-8 Step right forward, pivot ¼ turn left

CROSS POINT, CROSS POINT, ROCK FORWARD AND BACK AND COASTER STEP

- 1-2 Step right across in front of left, touch left toe to left side
3-4 Step left across in front of right, touch right toe to right side
5-6 Step right forward, rock back onto left
7&8 Step right back, step left next to right, step right forward (coaster step)

ROCK, REPLACE, ROCK, REPLACE, SAILOR, ¼ TURN SAILOR

- 1-2 Step left to left side, step right to right side
3-4 Step left to left side, step right to right side
5&6 Step left behind right, step right to right, step left to center (sailor step)
7&8 Right sweep ¼ turn, step right behind left, step left to left, step right to center (¼ turn sailor)

KICK BALL CHANGE, ¼ KICK BALL CHANGE, ROCK FORWARD AND BACK ½ TURN STOMP

- 1&2 Kick left forward, step ball of left next to right, step right next to left
3&4 ¼ turn to right kick left forward, step ball of left next to right, step right next to left
5-6 Step forward left, rock back on to right
7-8 ½ turn over left shoulder step forward, stomp right next to left

TWIST RIGHT-LEFT-RIGHT CLICK OR CLAP, TWIST LEFT-RIGHT-LEFT CLICK OR CLAP

- 1-4 Twist to right: heels toes, heels, hold and click fingers to the right or double clap
5-8 Twist to left: heels, toes, heels touch right toe beside left foot and click fingers to left or double clap

REPEAT

RESTART

Wall 3 dance up to count 16 (¼ turn paddles) then restart the dance
Wall 6 dance up to count 16 (¼ turn paddles) then restart the dance

TO FINISH THE DANCE

You will be facing the back wall, finish the twists to the left side, ½ turn to the front, stomp right foot beside left