Die Another Day



拍數: 0 牆數: 2 級數: Intermediate

編舞者: Amos Ghui

音樂: Die Another Day - Madonna



Sequence: A, B, A, C, A, Tag A, A, B, C, A, B, A, Tag B, A, B (to the end) Special thanks to my mother, Vivien Ler

PART A

LUNGE RIGHT, RECOVER, SAILOR STEP, SIDE ROCK, CROSS SHUFFLE

1-2 Step right to side slight diagonal long (leaning weight on right), recover on left
3&4 Cross right behind left, step left slight in front of right, step right together (sailor step)

5-6 Rock left to side, recover on right

7&8 Cross shuffle left over right

CROSS UNWIND 1/2 TURN, FORWARD SHUFFLE, ROCK RECOVER COASTER STEP

1-2 Cross right over left, turn ½ left (unwind)(end weight on left)

3&4 Forward shuffle right-left-right

5-6 Rock forward on left, recover on right

7&8 Step left behind right, step right slight in front of left, step left together (coaster step)

TOUCH, HOLD, TOUCH HOLD, TOUCH, TOUCH, SIDE, HOOK

1-2 Touch right forward, hold3-4 Touch right behind, hold

Touch right forward, touch right behindTouch right to side, hook right behind left

Optional arm movements: on counts 1-8, when touch right foot forward, you may place right hand in front of you as if shooting something and place left hand behind you as if shooting something behind. When touching right foot behind, just reverse the hand movement, instead of right hand in front, place behind. When touching to the side, point right hand to right side, point left hand to left side. When hooking right behind left, close hands inward

VINE RIGHT, VINE LEFT

1-4 Step right to side, step left behind right, step right to side, touch/scuff left beside right (vine)

5-8 Repeat counts 1-4 of this set starting with left

PART B

ROLLING VINE RIGHT, ROLL LEFT KNEE

1-4 Rolling vine to the right

5-8 Roll left knee twice (each roll taking 2 counts)(ending with touching left beside right)

ROLLING VINE LEFT, ROLL RIGHT KNEE

1-4 Rolling vine to the left

5-8 Roll right knee twice (each roll taking 2 counts)(ending with touching right beside left)

WALK RIGHT, LEFT, RIGHT PIVOT ½ TURN TO THE LEFT, TURNING SHUFFLE ½ TURNING RIGHT, ROCK LEFT BACK, RECOVER ON RIGHT

1-2 Walk right, left

3-4 Step right forward, pivot ½ turn to the left

5&6 Step right behind turning ¼ turn to the right, close left in front of right, step right behind

turning 1/4 to the right

7-8 Rock left behind, recover on right

HEEL FLICK TWISTING ON THE SPOT. REPEAT

1-2 Tap left heel forward, flick left heel to left

3&4 Twist to the left, right, then left5-8 Repeat counts 1-4 starting on right

PART C

SIDE TOGETHER, CHASSE RIGHT 1/4 TURN, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE

1-2 Step right to side, close left to the side of right 3&4 Side shuffle to the right ¼ turn right, right-left-right

5-6 Step left forward, pivot ½ turn to the right

7&8 Forward shuffle, left-right-left

STEP LOCK FORWARD SHUFFLE, PIVOT 1/4 TURN TO RIGHT, CROSS SHUFFLE

1-2 Step right forward, lock left behind right

3&4 Forward shuffle, right-left-right

5-6 Step left forward, pivot ½ turn to right

7&8 Cross shuffle, left-right-left

TAG A

STEP RIGHT TO SIDE 1/4 TURNING TO RIGHT, HOLD, REPEAT ON LEFT

1-2 Step right to side turning ¼ to right

3-4 Repeat starting on left but doing a ½ turn instead

Optional arm movements: on counts 1-2 and 3-4, you may imitate James Bond shooting when you step RIGHT to side ¼ turn, and when you step LEFT to side ¼ turn

TAG B

4 PADDLE TURNS IN 1/4 TURNS

1-4 Repeat Tag A

5-6 Step right to side, ¼ turn right 7-12 Repeat counts 5-6 three more times

Optional hand movements: when paddling right, place hand in front as if shooting like a sharp shooter. With each paddle, shoot at least once

HINT FOR REMEMBERING THE SEQUENCE:

Take it as if it is a continuous pattern of AB, AB, AB. When the music section for AB changes abruptly, and it has a beat, that is part C. And if it does not have a beat, it is either Tag A or Tag B. Tag A comes on first and Tag B the second time.