

Dip - Dive

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL)
音樂: Saturday Night - Ozomatli



Position: Left small step forward

DIP, RAISE, KICK, OUT, OUT AND CROSS AND HEEL AND, STEP FORWARD, KNEE POPS AND SHOULDER POPS

- 1-2 Small dip and bend knees, raise (complete a body roll as you raise)
- 3&4 Kick right forward, step right out, step left out
- &5&6 Step right next to left, step left across right, step right small step back, step left heel diagonal forward
- &7 Step left next to right, step right forward
- &8 Both heels up and down (shoulders up and down)

WALK BACK TWICE, COASTER STEP, STEP, ¼ TURN LEFT AND SCUFF SWEEP, CROSS, BACK, CROSS, BACK

- 1-2 Sweep right and step back, sweep left and step back
- 3&4 Step right back, step left next to right, step right forward
- 5-6 Step left forward, on ball of left make ¼ turn left and scuff and sweep right forward
- 7&8& Step right across left, step left back, step right across left, step left back

WALK FORWARD TWICE, ROCK AND CROSS, ROCK, RECOVER, STEP FORWARD, STEP FORWARD, HEEL BOUNCES ½ TURN LEFT

- 1-2 Step right to right side, step left forward
- 3&4 Rock right to right side, recover on left, step right across left
- &5 Rock left to left side, recover on right
- 6 Step left forward
- 7&8 Step right forward, bounce heels twice making a ½ turn left (weight ends on right)

STEP FORWARD, SIDE, SAILOR STEP FORWARD, CROSS, SIDE, CROSS, ½ TURN LEFT (SHOULDERS UP AND DOWN)

- 1-2 Step left forward, step right to right side
- 3&4 Step left across right, rock right to right side, step left to left side
- &5 Step right across left, step left to left side
- 6 Step right across left
- 7&8 Make ½ turn left in 3 counts (use shoulders)

REPEAT

ENDING:

Carry on dancing when the instrumental kicks in towards the end. Start the 3:00 wall, dance the first 12 counts and then do counts 13-14 the "step, ¼ turn left and scuff sweep" and end with a stomp across with the right over the left instead of a sweep facing the front wall. You will need to dance counts 15-16 faster than the usual tempo to catch it in time

With thanks to Ryan for his efforts in the dance