

Dance To The Music

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Michele Burton (USA) & Michael Barr (USA)
音樂: Dance to the Music - Sly & The Family Stone



STEP TOUCH, STEP TOUCH, JAZZ BOX CROSS

- 1-4 Step forward on right foot, touch left to left side, step forward on left foot, touch right foot to right side
- 5-8 Cross right foot in front of left, step back on left foot, step back on right foot, step left in front of right

SIDE SHUFFLE ¼ LEFT, ¼ TURN STEP TOUCH, BALL CHANGE CROSS STEP SLIDE, BALL CHANGE FORWARD

- 1&2 Step right foot to right, step left beside right (begin turning body left), turn ¼ left, stepping back on right foot
- 3-4 Turn ¼ left, stepping left foot to left (can be a big step left when comfortable), touch right foot beside left
- &5-6 Step slightly back on ball of right foot, step left foot in front of right, step right foot to right (big step with left foot sliding)
- 7&8 Still sliding for count 7, step on ball of left foot next to right, step forward on right foot

STEP FORWARD ½ LEFT, STEP BACK TOUCH, STEP FORWARD ½ RIGHT, STEP BACK TOUCH

- 1-4 Step forward on left foot, ½ turn left, stepping back on right foot, step back on left foot, touch right foot in front of left
- 5-8 Step forward on right foot, ½ turn right, stepping back on left foot, step back on right foot, touch left foot in front of right

STEP FORWARD ½ LEFT, STEP BACK TOUCH, STEP FORWARD ¼ RIGHT, STEP BACK TOUCH

- 1-4 Step forward on left foot, ½ turn left, stepping back on right foot, step back on left foot, touch right foot in front of left
- 5-8 Step forward on right foot, ¼ turn right, stepping back on left foot, step back on right foot, touch left foot in front of right

STEP FORWARD STEP ¼ LEFT, SAILOR, SAILOR, SAILOR ¼ LEFT

- 1-2 Step forward on left foot, turn ¼ left, stepping right foot to right
- 3&4 Step left behind right, step right to right side, step left to left side
- 5&6 Step right behind left, step left to left side, step right to right side
- 7&8 Step left behind right, ¼ turn left stepping right beside left, step left foot forward

STEP LIFT ¼ RIGHT, SYNCOPATED WEAVE, SPIRAL ½ LEFT TURN, STEP FORWARD

- 1-2 Step forward on right foot, turn ¼ right on ball of right foot, while hitching left knee (left knee slightly crossing right knee)
- 3-4 Step left foot in front of right, step right foot to right
- 5&6 Step left foot behind right, step right foot to right and slightly back, step left foot in front of right
- 7-8 Step right foot to right and turn ½ left on ball of right foot, step forward on left foot

REPEAT