

Coming Around Again

拍數: 58 牆數: 2 級數: Intermediate/Advanced
編舞者: Talisa Jarrett (UK)
音樂: Coming Around Again - Simon Webbe



POINT, TAP, HITCH, POINT ¼ TURN RIGHT, KICK, ROCK RECOVER

- 1-2 Extend right foot and point toe to right side, tap right toe to right side
- 3-4 Hitch right knee across left, point right toe to right side
- 5-6 Turn ¼ turn right on ball of left foot keeping weight on left, kick right foot forward
- 7-8 Rock back on right foot, recover weight on left

CROSS, STEP BACK, ROCK RECOVER, TOE STRUT, ROCK RECOVER

- 1-2 Cross right over left, step back on left
- 3-4 Rock right to right side, recover on left
- 5-6 Step right toe forward, drop right heel taking weight
- 7-8 Rock forward on left, recover weight on right

ROCK RECOVER, TURN TOUCH, HEEL SWITCHES, HEEL TAP

- 1-2 Rock back on left, recover weight on right
- 3-4 Turn ¼ turn right stepping onto left foot, touch right in place next to left
- 5&6 Extend right heel forward, step down on right, extend left heel forward
- &7-8 Step down on left, extend right heel forward, tap right heel forward

POINT, FLICK, PIVOT TURN, TOUCH, KICK, STEP TOUCH

- 1-2 Point right to right side, flick right foot behind left
- 3-4 Step forward right, pivot ¼ turn over left shoulder replacing weight onto left foot
- 5-6 Touch right toe in place, kick right foot forward
- 7-8 Step back on right, point left back

STEP, HEEL LIFT, HEEL SWIVELS, STEP BACK, TOUCH KICK

- 1-2 Step forward on left, raise both heels slightly off the floor
- 3-4 Swivel both heels to left side angling body to the right diagonal, drop heels to center
- 5-6 Swivel both heels to left side angling body to right diagonal, drop heels to center putting weight on right
- 7-8 Touch left in place next to right, kick left foot forward

STEP BACK, STEP TOGETHER, HEEL STRUTS

- 1-2 Step back on left, step right foot in place next to left
- 3-4 Place left heel forward, drop weight onto left toe
- 5-6 Place right heel forward, drop weight onto right toe
- 7-8 Place left heel forward, drop weight onto left toe

TURNING SHUFFLE STEPS ¾ TURN OVER RIGHT SHOULDER, TURNING SHUFFLE STEPS TURNING ½ TURN OVER LEFT SHOULDER

- 1&2 Step right forward turning ¼ right, bring left next to right, step right forward turning ¼ right
- &3 Bring left next to right, step forward on right turning 1/8
- &4 Step left next to right, step right forward turning 1/8 right to complete the ¾ turn
- Stepping for ¾ turn right: right, left, right, left, right, left, right**
- 5&6 Turn 1/8 left stepping on left foot, bring right foot next to left, step forward left turning 1/8 left
- &7 Bring right next to left, step left forward turning 1/8 left
- &8 Bring right next to left, step left forward turning 1/8 left to complete the ½ turn
- Stepping for ½ turn left: left right left right left right left**

So long as the direction of the shuffle turns is correct and the turns are $\frac{3}{4}$ over the right shoulder and $\frac{1}{2}$ over the left shoulder then the exact fractions of turning is up to the dancer, but obviously the turns must be completed in the same number of counts

FULL TURN LEFT

- 1& Step forward on right, pivot $\frac{1}{2}$ turn over left shoulder placing weight on left
- 2& Step forward on right, pivot $\frac{1}{2}$ turn over left shoulder placing weight on left ready to start dance again

Option: the full turn can be replaced with two hips sways to end the dance:

- 1-2 Stepping down on right sway hips to right side, transferring weight back onto left sway hips to left side

REPEAT

RESTART

On wall 1 dance only the first 56 counts of the dance, then restart the dance

TAG

At end of wall 3 and wall 5

SYNCOPATED JUMP OUT, OUT, IN, CROSS, BOUNCE TURNS TWICE

- &1 Jump right foot out to right side, jump left foot out to left side
- &2 Jump right foot inwards, jump left foot inwards crossing over right
- 3&4 Turning $\frac{1}{2}$ turn right over right shoulder unwind feet bouncing heels three times
- &5 Jump right foot out to right side, jump left foot out to left side
- &6 Jump right foot inwards, jump left foot inwards crossing over right
- 7&8 Turning $\frac{1}{2}$ turn right over right shoulder unwind feet bouncing heels three times

ENDING

After completing wall 8, dance the tag to finish facing home wall!
