

Chill

拍數: 32 牆數: 4 級數:
編舞者: Bill Bader (CAN)
音樂: Ain't Too Proud to Beg - The Temptations



During the song's intro, you can "get the motor warmed up" by doing sidestep left, close right, sidestep right, close left and repeat until the normal starting count.

LEFT TURNED LEFT, CLOSE TOGETHER, SIDE RIGHT, CLOSE TOGETHER, SIDE LEFT, CLOSE TOGETHER, BACK ON RIGHT TURNED RIGHT, CLOSE TOGETHER

- 1 Step left to left side turned $\frac{1}{4}$ left. This step may be slightly forward also, creating a slight diagonal.
- 2 Close right (move the right foot beside left flat but without weight)
- 3-4 Sidestep right, close left
- 5-6 Sidestep left, close right
- 7 Step right back turned $\frac{1}{4}$ right
- 8 Close left. This returns you to "home" (starting position)

The quarter turns at counts 1 and 7 may be "softened" by starting the $\frac{1}{4}$ turn on that step and finishing it on the close at counts 2 and 8.

Swinging bent arms forward at count 1, back at count 3, forward at 5 and back at 7 gives the feel of choreography used by 60s groups like the Temptations.

MAMBO SLIDES - BACK, ROCK, FORWARD; FORWARD, ROCK, BACK

- 9& Slide/step left back, rock forward onto right
- 10 Slide/step left slightly forward
- 11& Slide/step right forward, rock back onto left
- 12 Slide/step right slightly back

REVERSE $\frac{1}{2}$ PIVOT, FORWARD $\frac{1}{2}$ PIVOT

- 13 Place left toe/ball back. Hint: for the next 3 moves, this foot will remain on this spot.
- 14 Keeping feet in place turn $\frac{1}{2}$ left ending with weight on left
- 15 Step right forward
- 16 Keeping feet in place turn $\frac{1}{2}$ left ending with weight on left

SIDE RIGHT, CLOSE WITH $\frac{1}{4}$ TURN RIGHT, SIDE LEFT, RIGHT SLIGHTLY APART

- 17 Step right to the right side
- 18 Close left beside right turning on right $\frac{1}{4}$ right/. Face 3:00 wall.
- 19 Sidestep left
- 20 Close right foot slightly in - still somewhat apart from left

TWO HIP ROLLS TO THE LEFT

- 21-24 Roll hips to the left: right, left, right, left

SIDE RIGHT, TOUCH, TRAVELING TURN LEFT, TOUCH, SIDE RIGHT, TOUCH

- 25 Step right to right side
- 26 Touch left toe/ball beside right
- 27-29 Traveling to left side, step left, right, left turning a full turn ($\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{2}$)
- 30 Touch right toe/ball beside left
- 31 Step right to right side
- 32 Touch left toe/ball beside right

REPEAT

