

The Challenge

拍數: 0 牆數: 0 級數:
編舞者: William Sevone (UK)
音樂: I Feel Lucky (Extended Version) - Mary Chapin Carpenter



Sequence: ABC, ABC, DC

SECTION A

SHUFFLE FORWARD, SIDE ROCKS, SHUFFLE BACK, SIDE ROCKS

- 1&2 Step forward onto left foot, close right foot behind left, step forward onto left foot
3-4 Rock step right foot to right side, rock step left foot to left side
5&6 Step backwards onto right foot, close left foot in front of right, step backwards onto right foot
7-8 Rock step left foot to left side, rock step right foot to right side

CROSS STEP, ½ TURN RIGHT, CROSS SHUFFLE LEFT, SIDE ROCK, RECOVER, CROSS SHUFFLE RIGHT

- 9-10 Cross step left foot over right, unwind ½ turn right (keep weight on left foot)
11&12 Cross step right foot over left, step left foot behind right, cross step right foot over left
13-14 Rock step left foot to left side, recover onto right foot
15&16 Cross step left foot over right, step right foot behind left, cross step left foot over right

SIDE STEP, ½ TURN LEFT, CROSS SHUFFLE LEFT, SIDE ROCK, RECOVER, CROSS SHUFFLE RIGHT

- 17-18 Step right foot to right side, on ball of right foot turn ½ left - stepping left foot to left
19&20 Cross step right foot over left, step left foot behind right, cross step right foot over left
21-22 Rock step left foot to left side, recover onto right foot
23&24 Cross step left foot over right, step right foot behind left, cross step left foot over right

½ TURN LEFT FOOT SWITCH, FOOT SWITCH, FOOT SWITCH WITH TOE TOUCH, HOLD

- 25 Stepping right foot to right side turn ½ left with left toe pointing upwards
&26 Step left foot next to right, touch right heel forward
&27 Step right foot next to left, touch left heel forward
&28 Step left foot next to right, with knee bent touch right toe forward
29 Hold

2X FOOT SWITCHES, FOOT SWITCH WITH TOE TOUCH, HOLD

- &30 Step right foot next to left, touch left heel forward
&31 Step left foot next to right, touch right heel forward
&32 Step right foot next to left, with knee bent touch left toe forward
33 Hold

PLACE FORWARD TOE HEEL STRUT, 2X FORWARD TOE HEEL STRUTS, STEP FORWARD

- &34-35 Place left foot to floor, step forward onto right toe, drop right heel to floor
36-37 Step forward onto left toe, drop left heel
38-39 Step forward onto right toe, drop right heel
40 Step forward onto left foot

½ TURN LEFT BACK TOE HEEL STRUT, 2X BACK TOE HEEL STRUTS, SAILOR SHUFFLE

- 41-42 Turning ½ left on ball of left foot-step back onto right toe, drop right heel
43-44 Step back onto left toe, drop left heel
45-46 Step back onto right toe, drop right heel
47&48 Step left foot behind right, step right foot next to left, step left foot to left side

SAILOR SHUFFLE, SCUFF, CROSS STEP, SCUFF, SHUFFLE FORWARD, STEP FORWARD

- 49&50 Step right foot behind left, step left foot next to right, step right foot to right side
51-52 Scuff left foot diagonally forward right, cross step left foot over right
53 Scuff right foot forward
54&55 Step onto right foot, close left foot behind right, step forward onto right foot
56 Step forward onto left foot

2X HIP ROLLS

- 57-60 Stepping right foot to right side (keeping weight central) roll hips in circle to the right over four counts
61-64 (Keeping weight central) roll hips in circle to the left over four counts

Style note: counts 57-64 bend at knees and place hands on front of thighs. Make the moves 'sultry'

SECTION B

COPY THE START OF SECTION A

- 1-24 Repeat Section A counts 1-24

2X HIP ROLLS

- 25-28 Stepping right foot to right side (keeping weight central) roll hips in circle to the right over four counts
29-32 (Keeping weight central) roll hips in circle to the left over four counts

Style note: counts 29-32 bend at knees and place hands on front of thighs. Make the moves 'sultry'

SECTION C

COPY THE START OF SECTION A

- 1-40 Repeat Section A counts 1-40

2X HIP ROLLS

- 41-44 Stepping right foot to right side (keeping weight central) roll hips in circle to the right over four counts
45-48 (Keeping weight central) roll hips in circle to the left over four counts

Style note: counts 41-48 bend at knees and place hands on front of thighs. Make the moves 'sultry'

SECTION D

COPY THE START OF SECTION A

- 1-56 Repeat Section A counts 1-56

SHUFFLE FORWARD, SIDE ROCKS, SHUFFLE BACK, SIDE ROCKS

- 57&58 Step forward onto right foot, close left foot behind right, step forward onto right foot
59-60 Rock step left foot to left side, rock step right foot to right side
61&62 Step backwards onto left foot, close right foot in front of left, step backwards onto left
63-64 Rock step right foot to right side, rock step left foot to left side

CHASSE RIGHT, CHASSE LEFT, SIDE ROCK, SAILOR SHUFFLE, SIDE ROCK, SAILOR SHUFFLE, RECOVER

- 65&66 Step right foot to right side, close left foot next to right, rock step right foot to right side
67&68 Step left foot to left side, close right foot next to left, rock step left foot to left side
69 Rock step right foot to right side
70&71 Step left foot behind right, step right foot next to left, step left foot to left side
72 Recover onto right foot

- 73-88 Repeat Section A counts 9-24

CHASSE RIGHT, CHASSE LEFT, SIDE ROCK, SAILOR SHUFFLE, SIDE ROCK, SAILOR SHUFFLE, RECOVER

89&90 Step right foot to right side, close left foot next to right, rock step right foot to right side
91&92 Step left foot to left side, close right foot next to left, rock step left foot to left side
93 Rock step right foot to right side
94&95 Step left foot behind right, step right foot next to left, step left foot to left side
96 Recover onto right foot

97-135 Repeat Section A counts 1-40

2X HIP ROLLS

136-139 Stepping right foot to right side (keeping weight central) roll hips in circle to the right over four counts

140-144 (Keeping weight central) roll hips in circle to the left over four counts

Style note: counts 136-144 bend at knees and place hands on front of thighs. Make the moves 'sultry'
