

Captain Morgan

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Leslie Moore (USA)
音樂: Two Pina Coladas - Garth Brooks



PART A (VERSE)

1-2 Rock right foot across left; recover back on left
3&4 Full turn triple step to the right stepping right-left-right (or triple step in place)
5-6 Rock left foot across right; recover back on right
7&8 Triple step left-right-left

1-2 Rock right foot across left; recover back on left
3-4 Step right foot to right side; hold one beat
5-6 Rock left foot across right; recover back on right
7-8 Step left to turn $\frac{1}{4}$ to left; hold one beat

1-2 Rock forward on right foot; recover back on left (while circling hips to right)
3&4 Triple step right-left-right
5-6 Step forward left; pivot $\frac{1}{2}$ turn to right
7-8 Step forward left; pivot $\frac{1}{2}$ turn to right

1-2 Rock forward on left foot; recover back on right (while circling hips to left)
3&4 Triple step left-right-left
5-6 Step right to right side; step left behind right
7&8 Turn $\frac{1}{4}$ to right with right-left-right triple step

1-2 Rock forward left; recover back on right
3&4 Triple step left-right-left
5-6 Rock back on right; recover forward on left to begin turn'
7&8 Turn $\frac{1}{2}$ to left with right-left-right triple step

1-2 Rock back on left; recover forward on right to begin turn'
3&4 Turn $\frac{1}{2}$ to right with left-right-left triple step
5-6 Rock back on right; recover forward on left
7&8 Triple step right-left-right

1&2 Shuffle (small steps - move hips!) Forward left-right-left, angling to left
3&4 Shuffle forward right-left-right, angling to right
5&6 Shuffle forward left-right-left, angling to left
7&8 Shuffle forward right-left-right, angling to right

1-2 Walk backward left, right
3&4 Turn $\frac{1}{2}$ to left with left-right-left triple step
5-6 Rock forward right; recover back left

The dance above matches count for count with the verse and the with the chorus. However, the counts that connect the verse and chorus change a couple of times, so the connectors vary a couple of times. The hint that makes it easy to remember: Every time you end the dance facing the back wall, the connector is the same (step back right, hold, left, hold). Every time you end the dance facing the front wall (just twice!), there will be a variation. The first time you end facing front, there's a musical bridge. The second time you end facing front, you just add one more set of "step, holds." Then it all fits!
After the 1st time you do the dance, add (you'll be facing back wall)

7-8 Step backward right; hold

1-2 Step backward left; hold

After the 2nd time you do the dance, add Musical "bridge"; you'll be facing front wall

7-8 Step backward right, left

1-2 Step right to right side; step left behind right

3&4 Triple step right-left-right

5-6 Step left to left side; step right behind left

7&8 Triple step left-right-left

1-2 Step right to right side; step left behind right

3&4 Triple step right-left-right

5-6 Step left to left side; step right behind left

7&8 Triple step left-right-left

1-2 Step forward right; pivot $\frac{1}{2}$ to left

3-4 Step forward right; pivot $\frac{1}{2}$ to left

After the 3rd time you do the dance, add (you'll be facing back wall)

7-8 Step backward right; hold

1-2 Step backward left; hold

After the 4th time you do the dance, add (you'll be facing front wall)

1-2 Step backward right; hold

3-4 Step backward left; hold

5-6 Step backward right; hold

7-8 Step backward left; hold

After the 5th time you do the dance, add (you'll be facing back wall)

7-8 Step backward right; hold

1-2 Step backward left; hold
