Bye Bye Big Apple

拍數: 64

級數: Intermediate

編舞者: Susan Morgan (JP)

音樂: Leaving New York - R.E.M.

ROCK, SAILOR STEPS, ¼ TURN, FULL TURN

- 1-2 Rock left out to left side, recover right
- 3&4 Cross left behind right, step right to right side, step left in place
- 5&6 Cross right behind left, step left to left side, step right to right side, making a 1/4 turn
- 7-8 Make a full turn right, stepping - left, right

PIVOTS, KICK AND POINT, TURN, KICK AND POINTS

- 1& Keeping weight on right foot, pivot left 1/4 turn
- 2& Keeping weight on right foot, pivot left 1/4 turn
- 3&4 Kick left foot forward, step left in place, point right foot behind
- 5 Swivel a ¹/₂ turn right (weight remains on left foot)
- 6&7 Kick right foot forward, step right in place, point left foot behind
- 8& Step left foot in place, point right foot to right side

CROSS SHUFFLE LEFT, STEP, BRUSH FORWARD AND BACK, BALL CHANGE, ¼ TURN WALKS

- 1&2 Cross right over left, step left to left side, cross right over left
- 3 Step left in place
- 4& Brush ball of right forward, brush ball of right back
- 5& Step right back, step left forward
- Making a 1/4 turn left, swivel on left foot and flick right heel out to right side 6
- 7-8 Step forward right, step forward left

STEP SLIDES, RIGHT AND LEFT COASTER STEPS WITH 1/4 TURN

- 1-2 (With hands on hips) step right to right side, slide left foot in place
- 3-4 (With hands on hips) step left to left side, slide right foot in place

Sway hips slightly during counts 1-4 of section 4

- Step forward right, step forward left, step back right 5&6
- Step back left, step back right, step forward left, making a 1/4 turn left 7&8

ROCK, RECOVER, HEEL SPLITS, HEEL TAP, SIDE STEPS, LOCK SHUFFLE

- 1 Rock right to right side
- 2& Recover left, step right in place
- 3& Split heels apart, return to center
- 4& Tap left heel diagonally forward, step left in place
- 5-6 Step right to right side, step left in place
- Step forward right, lock left behind right, step forward right 7&8

1/4 TURN, WEAVE, ROCK, RECOVER, FULL TURN

- 1 Make a ¼ turn right and step left foot
- 2& Cross right behind left, step left to left side
- 3& Cross right over left, step left to left side
- 4 Rock back right
- 5 Recover left
- 6-7 Make a full turn to the right by stepping - right, left
- 8 Step right in place





牆數:2

TOE TOUCHES, ROCK, TOE AND HEEL STRUTS, TAP

- 1& Touch left toe to left side, step left in place
- 2& Touch right toe to right side, step right in place
- 3&4 Rock left forward, recover right, step left in place
- 5& Step right toe back, drop left heel, taking weight
- 6& Step left toe back, drop left heel, taking weight
- 7& Step forward on right heel, drop right toe, taking weight
- 8 Tap left toe behind (weight remains on right)

STOMPS, CLICKS, ½ TURN, KICK, SCISSOR STEP

- 1 Stomp left once
- &2 Click fingers twice
- &3 Stomp right twice
- &4 Click fingers twice
- &5 Make a ¹/₂ turn to the left by stepping left, right
- & Hold
- 6& Kick left forward, step left in place
- 7&8 Step right to right side, step left beside right, cross right over left,

REPEAT