

BR-549

拍數: 100 牆數: 1 級數: Advanced
編舞者: Marilyn Morgan (USA)
音樂: Summer Night Lovin' You - Brady Seals



- 1-2 Right sugar foot - touch right toe at left instep; touch right heel at left instep
3&4 Triple step right-left-right in place
5-6 Left sugar foot - touch left toe at right instep; touch left heel at right instep
7&8 Triple step left-right-left in place
- &1-2 Hop on left foot to right side; step wide to right side with right; slide left to meet right
3-4 At a slight right diagonal, hitch right knee, toe pointed up (thigh should be parallel to the floor); touch right heel forward (fisted hands down in front on 3; bring arms up, elbows bent, upper arms parallel to the floor on count 4)
5-6 Repeat counts 3-4
7&8 Step right behind left; step left to left side; cross right over left
- 1-2 At a slight left diagonal, hitch left knee, toe pointed up (thigh should be parallel to the floor); touch left heel forward (fisted hands down in front on 1; bring arms up, elbows bent, upper arms parallel to the floor on count 2)
3-4 Repeat counts 1-2
5&6 Making ½ turn to the right, shuffle forward left-right-left (keep shuffle step small)
7&8 Making ½ turn to the right, shuffle right-left-right (keep shuffle step small - you will now be facing the front wall)
- 1 Slap outer right thigh with right hand
& Hitch left knee, slapping outer left thigh with left hand
2 Keeping left knee hitched, slap inner left thigh with right hand
& Keeping left knee hitched, slap outside of left thigh with left hand
3 Step down on left foot and bend knees, lifting/raising arms, elbows out to sides at chest level (upper arms should be parallel to floor) and snapping fingers in front of chest
& Staying in position, snap fingers again
4 Stand erect and slap front of both thighs with both hands
5 Touch right toe to right side
&6 Quick switch to bring right foot back to center to take weight, knee slightly bent (&); touch left toe to left side, (6)
&7 Quick switch to bring left foot back to center to take weight, knee slightly bent (&); touch right toe to right side (7)
& Bending knee, kick right foot high across/in front of body and slap with left hand
8 Touch right toe to right side
- 1-4 Right grapevine making full (make ¼ turn to right, step forward right (1); make ¼ turn to right, stepping left to left side (2); make ½ turn to right, stepping right to right side (3); touch left beside right (4))
5 Bending forward, step forward on left at left diagonal (arms straight down in front, hands together, palms open)
6 Standing erect, slide right foot to meet left (in a pulling motion, bring now fisted hands up to waist level, elbows bent)
7-8 Repeat 5-6
& Scoot/hop on left foot to right side (hands at waist level, palms facing down)

- 1 Touch right toe beside left foot (straighten arms down in front of body, palms still facing down)
- &2 Repeat &1
- &3 Repeat &1
- &4 Small hop on right to right side (&); touch left heel straight forward
- &5 Quick switch to step left beside right (&); touch right heel straight forward (5)
- &6 Quick switch to step right beside left (&); touch left heel straight forward (6)
- &7 Quick switch to step left beside right (&); touch right heel straight forward (7)
- &8 Quick switch to step right beside left (&); touch left heel straight forward (8)

- 1&2 Turn ¼ to left and shuffle forward left-right-left
- 3-4 Step forward right; pivot ½ turn left
- 5 Make ¼ turn to left and jump back on right foot, while hitching left knee with left foot in front of right leg
- 6 Step down on left foot
- 7-8 Stomp right foot beside left; stomp left foot

APPLEJACKS

- 1 With weight on right heel and left toe, swivel right
- & Return to center
- 2 Shift weight to left heel and right toe, swivel left
- & Return to center
- 3& Shift weight and swivel right; (3); return to center (&)
- 4& Swivel right (4); return to center (&)
- 5& Shift weight and swivel left (5); return to center (&)
- 6& Swivel left (6); return to center (&)
- 7& Shift weight and swivel right (7); return to center (&)
- 8& Shift weight and swivel left (8); return to center (&)

- 1-2 Touch right toe straight back; keeping feet where they are, turn ½ to right
- 3 Jump out to sides with both feet
- 4 Jump crossing right over left
- 5 Unwind ½ turn to left
- 6 Keeping feet hip distance apart, bend knees slightly and take a small jump forward on both feet (right arm up, elbow bent, fisted hand in front of head at forehead level, hand makes a full circle to the right)
- 7-8 Repeat count 6 twice

- 1-2 Walk back right, left
- 3&4 Shuffle back right-left-right, making ½ turn to right (keep shuffle steps small)
- 5&6 Shuffle back left-right-left, making ½ turn to right to face front wall (keep shuffle steps small)
- 7&8 Rock back on right foot (7); step left foot forward (&); stomp right beside left

- 1 Squat - bend knees, knees wide apart (begin with fisted hands down in front, arms straight. Bring hands up, elbows bent, upper arms parallel with the floor, hands no higher than lower ribs)
- 2 Hold
- 3-4 Stand erect - hold for both beats
- 5-6 Squat - bend knees, knees wide apart (begin with fisted hands down in front. Bring hands up, elbows bent, upper arms parallel with the floor (5); stand erect (bring fisted hands straight down in front, arms straight) (6)
- 7-8 Squat - bend knees, knees wide apart (begin with fisted hands down in front. Bring hands up, elbows bent, upper arms parallel with the floor (7); stand erect (8)

Optional variation: odd rows can do the above 8 counts, while the even rows can do the following 8 counts

- 1-2 Stand erect (fisted hands straight down in front, arms straight) - hold for two beats
- 3 Squat - bend knees, knees wide apart (begin with fisted hands down in front. With arms at upper chest level, hands positioned like holding onto suspender straps (when you step forward right, right elbow goes down, left elbow goes up. When you step forward left, left elbow goes down, right elbow goes up)
- 4 Hold
- 5 Stand erect (bring fisted hands straight down in front, arms straight)
- 6 With arms at upper chest level, hands positioned like holding onto suspender straps (when you step forward right, right elbow goes down, left elbow goes up. When you step forward left, left elbow goes down, right elbow goes up)
- 7 Stand erect (bring fisted hands straight down in front, arms straight)
- 8 With arms at upper chest level, hands positioned like holding onto suspender straps (when you step forward right, right elbow goes down, left elbow goes up. When you step forward left, left elbow goes down, right elbow goes up)

With arms at upper chest level, hands positioned like holding onto suspender straps (when you step forward right, right elbow goes down, left elbow goes up. When you step forward left, left elbow goes down, right elbow goes up)

- 1-3 Walk forward right-left-right
- 4 Pivot ½ turn to left
- 5-6 Keeping feet where they are, turn ½ turn to right (to face front wall (5); hold (6)
- 7-8 Keeping feet where they are, turn ½ turn to left (to face back wall (7); hold (8)

- 1-3 Walk forward right-left-right
- 4 Pivot ½ turn to left

Optional variation: even and odd rows can switch places with the following modifications:

Odd rows: with arms at upper chest level, hands positioned like holding onto suspender straps (when you step forward right, right elbow goes down, left elbow goes up. When you step forward left, left elbow goes down, right elbow goes up)

- 1-2 Step forward right; pivot ½ to right
- 3-4 Step forward right, left
- 5-6 Keeping feet where they are, turn ½ turn to right (to face front wall (5); hold (6)
- 7-8 Keeping feet where they are, turn ½ turn to left (to face back wall (7); hold (8)
- 1-3 Walk forward right-left-right
- 4 Pivot ½ turn to left

Even rows: with arms at upper chest level, hands positioned like holding onto suspender straps (when you step forward right, right elbow goes down, left elbow goes up. When you step forward left, left elbow goes down, right elbow goes up)

- 1-3 Walk forward right-left-right
- 4 Pivot ½ turn to left
- 5-6 Keeping feet where they are, turn ½ turn to right (to face front wall (5); hold (6)
- 7-8 Keeping feet where they are, turn ½ turn to left (to face back wall (7); hold (8)
- 1-2 Step forward right; pivot ½ turn to left
- 3-4 Walk forward right, left

REPEAT
