

Black Dresses

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Michael Barr (USA) - 1995
音樂: Black Dresses - Steve Kolander



Teaching: Any good West Coast Swing - about 110 - 115 bpm

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This Dance Can Be Seen On Vol. 1 Of My Instructional Video. E.Mail Or Call For More Information.

A. STOMP, HEELS IN, HEELS CENTER, KICK - STEP, POINT, 1/4 TURN, TOUCH

- 1 - 2 Stomp R foot in front of left (weight on balls of both feet); Swivel both heels in
- 3 - 4 Swivel both heels center (weight on left); Kick R foot forward
- 5 - 6 Step R next to left; Point L to left side
- 7 - 8 Draw L next to right while executing 1/4 turn to the left ; Touch R next to left (facing 9 o'clock)

B. GRAPEVINE with 1/4 TURN RIGHT - STOMP, HEELS IN, HEELS CENTER, KICK

- 1 - 2 Step R side right; Step L behind right
- 3 - 4 Step R into 1/4 turn right (facing 12 o'clock); Step L slightly forward of right
- 5 - 6 Stomp R foot in front of left (weight on balls of both feet); swivel both heel in
- 7 - 8 Swivel both heels center (weight on left); Kick R foot forward

C. BACK, BACK, 1/2 PIVOT RIGHT, STEP - STOMP, HEELS IN, HEELS CENTER, KICK

- 1 - 2 Step R back; Step L back
- 3 - 4 Pivot 1/2 turn right on ball of left stepping R forward; Step L slightly forward of right (6 o'clock)
- 5 - 6 Stomp R foot in front of left (weight on balls of both feet); swivel both heels in
- 7 - 8 Swivel both heels center (weight on left); Kick R foot forward

D. ANGLE BACK, BACK, CROSS, HOLD - REPEAT (start w/ L)

- 1 - 2 Step R back-right at 45 degree angle; Step L straight back
- 3 - 4 Cross R over left; Hold
- 5 - 6 Step L back-left at 45 degree angle; Step R straight back
- 7 - 8 Cross L over right; Hold

E. RIGHT FORWARD, 1/4 TWIST & POINT, LEFT 1/4 FORWARD, 1/4 TWIST & POINT – REPEAT R & L (progressing forward on counts 1,3,5,7 - Snap fingers on counts 2, 4, 6, & 8 (points))

- 1 - 2 Step R forward; Point L to left side executing 1/4 twist right on ball of right foot (body at 9)
- 3 - 4 Step L slightly forward into 1/4 twist left (facing 6 o'clock); Point R to right side executing 1/4 twist left on ball of left foot (body facing 3 o'clock)
- 5 - 6 Step R slightly forward into 1/4 twist right (facing 6 o'clock); Point L to left side executing 1/4 twist right on ball of right foot (body facing 9 o'clock)
- 7 - 8 Step L slightly forward into 1/4 twist left (facing 6 o'clock); Point R to right side executing 1/4 twist left on ball of left foot (body facing 3 o'clock)

Styling note: Twist = turn from the neck down - keep the head looking at 6 o'clock wall on all counts.

F. BEHIND, 1/4 TURN LEFT, FORWARD, PIVOT 1/2, - FORWARD, PIVOT 1/4, KICK BALL CHANGE

- 1 - 2 Step R cross behind left; Step L into 1/4 turn left (facing 12 o'clock wall)
- 3 - 4 Step R forward; 1/2 pivot left on balls of both feet (facing 6 o'clock wall)
- 5 - 6 Step R forward; 1/4 pivot left on balls of both feet (facing 3 o'clock wall - new wal
- 7 & 8 Kick R forward; Step R toe next to L; Step L in place

BEGIN AGAIN

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