

AM To PM

拍數: 48 牆數: 4 級數: Advanced
編舞者: Rob Fowler (ES) & Paul McAdam (UK)
音樂: AM to PM - Christina Milian



MONTEREY, ROCK & CROSS, TURNING FLICK, SWIVELS

1-2 Touch right toe to right side, full turn to right on left foot bringing right by left
3&4 Rock left to left side, rock onto right, cross step left over right
&5 Touch right toe to right side, ¼ turn to left on left as you flick right up to rear
6 Step forward on right
7&8 On balls of feet, swivel heels right left right to make a ½ turn to the left

COASTER, KICK, TURNING HITCH, SWITCHES, HEEL TWISTS

9&10 Step back on left, right by left, step forward on left
11&12& Kick right forward, kick right heel back, ¼ turn to right on left foot and hitch right knee, step right by left
13&14 Touch left to left side, step left by right, touch right to right side
15&16 Touch right toe forward with heel twisted to left, twist heel to right, twist heel to center

LOOK DOWN & UP, KICK, COASTER TURN, KICK-CROSS-UNWIND

&17 Look down, look forward
18 Kick right foot forward
19&20 Step back on right, step left by right, turn ¼ to right on left foot as right foot steps across in front of it
&21 Step left to left side, cross step right in front of left
22-23 Kick left to left diagonal, cross step left over right
24 Unwind ¾ turn to right

OUT-OUT, KNEE ROLLS, ROLL, TRAVELING APPLEJACKS

&25 Step back and slightly out on right foot, step left to left side
26 Roll right knee in
27&28 Roll right knee out, in, out
29-30 Step ¼ turn to left on left foot, ½ turn to left on left stepping back on right
31 Make a ¼ turn to left on right foot stepping left to left side with both toes out
&32& Toes in, out, in as you travel to the left

TURNING STEPS

34-34 Step right diagonally forward, ¼ turn to left as you touch left by right
35-36 Step left diagonally back, ¼ turn to left as you touch right by left
37-38 Step right diagonally forward, ¼ turn to left as you touch left by right
39-40 Step left diagonally back, ¼ turn to left as you touch right by left

SKATERS, SHUFFLE, ROCK, 1 ¼ TURNS

41-42 Right skater step traveling slightly forward, left skater step traveling slightly forward
43&44 Smooth shuffle to right (right, left, right)
45-46 Rock forward left over right, recover onto right
47 Make a ¼ turn to left stepping forward on left foot
48 Full turn to left on ball of left foot, ending with right by left

REPEAT

TAG

Complete dance 4 times. After count 16 on the fifth wall (you will be facing the back) place arms by sides and raise to head height over four beats - then start dance again

FINISH

You will end the dance facing the back wall, at count 32&. While doing the applejacks put arms to sides and hold elbows to sides with arms out - hands facing forward when your heels are together, hands in and elbows out when toes are together (like the old space invaders!)
