

All Rise

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Shellie Plackett (UK)
音樂: All Rise - Blue



ROCK FORWARD, SIDE, SCUFF HITCH DOWN

1& Rock forward on right foot, recover weight to left
2& Rock right to right side, recover weight to left
3&4 Scuff right foot, hitch right knee up, place right foot down

ROCK FORWARD, SIDE, SCUFF HITCH DOWN

5& Rock forward on left foot, recover weight to right
6& Rock left to left side, recover weight to right
7&8 Scuff left foot, hitch left knee up, place left foot down

HEEL SWITCHES, TOUCH, SWIVEL HEELS

9&10 Touch right heel forward, close, touch left heel forward
&11&12 Close left beside right, touch right foot forward weight remains on left, swivel both heels right

Alternative for swivels: hitch right knee up

HEEL SWITCHES, TOUCH, SWIVEL HEELS

13&14 Touch left heel forward, close, touch right heel forward
&15&16 Close right beside left, touch left foot forward weight remains on right, swivels both heels left

Alternative for swivels: hitch left knee up

SKATE, RIGHT, LEFT COASTER

17-18 Skate forward right, then left
19&20 Step back on right foot, close left beside right, step forward on right foot
21-22 Skate forward left, then right
23&24 Step back on left foot, close right beside left, step forward on left foot

¾ MODIFIED MONTEREY, HIP BUMPS, LEFT COASTER

25&26 Point right to right side, close right making ¼ turn right, point left
&27&28 Close left beside right, point right to right side, close right making ½ turn right, point left to left side
29&30& Keeping weight on right bump hips, left, right, left, right
31&32 Step back on left, close right beside left, step forward left

REPEAT

TAG

3rd wall

1-2 Scuff right heel, step right down legs slightly apart
3&4& Bounce down bending knees right, then up, bounce bending knees left then back up
5&6 Right sailor step, behind with right, step on the ball of the left foot, replace weight on right
7-8 Step onto left foot, touch right beside left