

All Things Considered

拍數: 112 牆數: 4 級數:
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音樂: All Things Considered - Yankee Grey



Begin on count 17 ("Heart" is first word)

RIGHT KICK FRONT & SIDE, SAILOR STEP; LEFT KICK FRONT & SIDE, SAILOR STEP

- 1 Kick right forward
- 2 Kick right side
- 3&4 Right sailor step (step right behind left, step left next to right, step right in place)
- 5 Kick left forward
- 6 Kick left side
- 7&8 Left sailor step (step left behind right, step right next to left, step left in place)

RIGHT SWEEP TURN, LEFT-RIGHT-LEFT

- 1-4 Sweep right leg forward and around behind left and turn in place, (full turn to the right)
- 5&6 Stomp left-right-left in place
- 7-8 Hold

SHUFFLE RIGHT, ROCK STEP LEFT, SCUFF AND HOP LEFT, ROCK STEP RIGHT

- 1&2 Shuffle right-left-right to the right
- 3-4 Rock step left behind right
- 5-6 Scuff left, hop (landing with weight on left)
- 7-8 Rock step right behind left

SHUFFLE RIGHT, ROCK STEP LEFT, SCUFF AND HOP LEFT, ROCK STEP RIGHT

- 1&2 Shuffle right-left-right to the right
- 3-4 Rock step left behind right
- 5-6 Scuff left, hop (landing with weight on left)
- 7-8 Rock step right behind left

TOE STRUTS WITH FUNKY HIPS

- 1-2 Tap right toe forward while raising right hip, take weight right
- 3-4 Tap left toe forward while raising left hip, take weight left
- 5-6 Tap right toe forward while raising right hip, take weight right
- 7-8 Tap left toe forward while raising left hip, take weight left

STOP SIGN, HIP BUMPS, HIP ROLLS

- 1-2 Press right hand forward then left hand forward palms out (can press to the side)
- 3&4 Bump hips left-right-left
- 5-8 Two hips rolls to the right (to the right)

RIGHT TOE-HEEL-CROSS, LEFT TOE-HEEL-CROSS, RIGHT TOE-HEEL

- 1-3 Touch right toe beside left foot, touch right heel beside left foot, cross right over left
- 4-6 Touch left toe beside right foot, touch left heel beside right foot, cross left over right
- 7-8 Touch right toe beside left foot, touch right heel beside left foot

BOX STEPS

- 1-4 Cross right over left, step back left, step right beside left, step left beside right
- 5-8 Cross right over left, step back left, step right beside left, step left beside right

KICK AND TOUCH FOUR TIMES MOVING BACKWARDS

- 1&2 Kick right front, step back right, touch left beside right
- 3&4 Kick left front, step back left, touch right beside left
- 5&6 Kick right front, step back right, touch left beside right
- 7&8 Kick left front, step back left, touch right beside left

HIP BUMPS AND HIP ROLLS

- 1-2 Bump right hip two times
- 3-4 Bump left hip two times
- 5-6 Hip roll to the right (to the right)
- 7-8 Hip roll to the right (to the right)

VAUDEVILLE STEPS

- &1&2 Step right back, cross left over right, step right to side, touch left heel out to 45 degrees
- &3&4 Step left back, cross right over left, step left to side, touch right heel out to 45 degrees
- &5&6 Step right back, cross left over right, step right to side, touch left heel out to 45 degrees
- &7&8 Step left back, cross right over left, step left to side, touch right heel out to 45 degrees

½ MONTEREY TURN, ¼ MONTEREY TURN

- 1-2 Touch right toe to side, pivot ½ turn right bringing right foot in place next to left
- 3-4 Touch left to side, step left next to right
- 5-6 Touch right toe to side, pivot ¼ turn right bringing right foot in place next to left
- 7-8 Touch left to side, step left next to right

WALK FORWARD, MASHED POTATO BACK (RIGHT-LEFT-RIGHT-LEFT)

- 1-4 Walk forward right-left-right-left
- & Lift right foot slightly off floor and turn both toes in with weight on ball of left
- 5 Step back right with weight on balls of both feet, turning toes out
- & Lift left foot slightly off floor and turn both toes in with weight on ball of right
- 6 Step back left with weight on balls of both feet, turning toes out
- & Lift right foot slightly off floor and turn both toes in with weight on ball of left
- 7 Step back right with weight on balls of both feet, turning toes out
- & Lift left foot slightly off floor and turn both toes in with weight on ball of right
- 8 Step back left with weight on balls of both feet, turning toes out

TOUCH RIGHT, HOLD, TOUCH LEFT, HOLD, TOUCH RIGHT-LEFT-RIGHT-HOLD

- 1-2 Touch right toe out to right side, hold
- &3-4 Touch left toe out to left side, hold
- &5 Touch right to out to right side
- &6 Touch left toe out to left side
- &7-8 Touch right toe out to right side, hold

REPEAT

TAG

On 3rd wall, do left quarter turns on both box steps and move into the walk forward/mashed potato back, dance ends on count 50 with right toe, heel to end of music).
