

All Wound Up!

拍數: 32 牆數: 4 級數: Improver
編舞者: Todd Lescarbeau (USA)
音樂: Fifty-Fifty - Keith Stegall



ROCK-STEP, STEP, KICK, COASTER-STEP, STEP, KICK

&1-2-3 Rock back on right, step forward on left, step forward on right, kick left forward
4&5 Step back on left, step back on right, step forward on left
6-7 Step forward on right, kick left forward

MODIFIED COASTER-STEP, RIGHT & LEFT SAILOR-STEPS, ¼ TURN RIGHT, KICK RIGHT

8&1 Step back on left, step back on right, step forward on left as you turn ¼ right
2&3 Step back on right (slightly behind left), step left to side, step right beside left
4&5 Step back on left (slightly behind right), step right to side, step left beside right
6-8 Step back on right turning ¼ right, turn ½ right stepping forward on left, kick right forward

STEP-SLIDE, HIP BUMPS LEFT & RIGHT, HIP ROLL

1-4 Drag left foot back for 2 beats and touch left beside right as you clap on the 4th beat
Wiggle shoulders as you drag left foot back
5-6 Bump hips left bending right knee inward, bump hips right
7-8 Roll hips starting left and moving clock-wise 2 beats (weight should end on right leg)

STEP LEFT BEHIND RIGHT, SIDE-ROCK-CROSS, STEP LEFT TO LEFT, ¼ TURN RIGHT, HEEL JACK

1 Step left foot behind right foot
2&3 Rock to side on right, recover on left, cross step right over left. (this will feel like a mambo rock)
4 Step left to side
5-6 Step back on right turning ¼ right, turn ½ right stepping forward on left
&7&8 Quickly step right foot in place, tap left heel forward, quickly step left in place, touch right foot beside left

Dancers may be tempted to execute a "sailor step" as opposed to the "behind side-rock". Depending on which song you choose to dance to and based on the tempo, you may find yourself falling into a sailor step. Be careful of the transition from dance end to beginning. The dance starts with a rock back on right, and ends with a "heel jack"

For the transition between the end and beginning. Keep the "heel jack tight" and body centered (no leaning back) the movement should be more in the hips

REPEAT