

Alle, Ole

拍數: 0 牆數: 4 級數: Improver
編舞者: Dion Thomas (AUS) & Val Thomas (AUS)
音樂: The Cup of Life - Ricky Martin



Sequence: A, AB, ABC, A, AB, A, ABC, ABCD, A, A, A, A

INTRO: ONCE ONLY

- 1-8 Walk to side turning slightly left, left to side, cross right over left, left to side turning to right, kick right, flick head back turning slightly right, right to side, cross left over right, right to side turning to left, kick left, flick head back
- 9-32 Repeat 3 times more.

SECTION A

- 1&2&3&4 4 syncopated ¼ right pivots (step forward on left, turn ¼ right) (weight right)
- 5-8 Swivel heels left, right, center, clap
- 9&10&11&12 4 syncopated ¼ left pivots (step forward on right, turn ¼ left)(weight left)
- 13-16 Swivel heels right, left, center, clap
- 17&18&19&20 Touch left to side, step together, touch right to side, step together, left heel at 45, lift left foot, left heel at 45
- &21&22&23&24 Step back left, right heel, back right, left heel, back left, right heel, lift right foot, right heel
- &25-26 Step back on ball of right, step forward on left, turn ¼ right (weight to right)
- 27&28 Left kick ball-change
- 29-30 Step forward right, stomp left together
- At the end of the dance, you will replace 27&28 with**
- 27-28 ¼ left turn to face front (weight to left), throw right fist in the air

SECTION B

- 1-5 Twist to right: heels, toes, heels center, clap
- 6-10 Twist to left: heels, toes, heels center, clap

SECTION C

- 1-2&3-4 Step right to side, hold, step left together, step right to side, hold
- &5-6 Step left together, step right to side, hold
- &7-8 Step left together, step right to side, hold

SECTION D

- 1-2-3&4 5 claps
- 5&6 3 claps
- 7 Hold
- &8 2 claps

On chorus, on syncopated pivots wave "trailing" arm, on swivels wave arms side to side.