

Abacadabra

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Charlotte Macari (UK)
音樂: Abacadabra - Sugar Ray



RIGHT ROCK & CROSS, LEFT ROCK & CROSS, KICK, OUT, OUT, HIP BUMPS LEFT THEN RIGHT OR BODY ROLL

1&2 Rock right to right side, recover weight on left, cross right over left
3&4 Rock left to left side, recover weight on right, cross left over right
5&6 Kick right foot forward, step right out to right side, step left out to left side
7-8 Hip bump left then right (or body roll for two counts)

& Step, hold, & step hold, two sailor steps
&1-2 Push weight off right and quickly step right next to left, step left to left side, hold (or small body roll)
&3-4 Repeat above &1-2
5&6 Right sailor step
7&8 Left sailor step

KICK & POINT, TWIST HEELS RIGHT, LEFT, RIGHT WITH ¼ TURN LEFT, LEFT SHUFFLE FORWARD, ROCK, RECOVER

1&2 Kick right forward, step right in place, point left to left side
3&4 Twist heels right, left, right with a ¼ turn left, (weight ending on right)
5&6 Shuffle forward left, right, left
7-8 Rock forward right, recover weight on left

1 ½ TURNS RIGHT, TOE SWITCHES WITH HEEL SPLIT

1-4 Turn ½ right stepping forward to right, turn ½ right stepping back on left, turn ½ right stepping forward on right, step forward on left

Easy option: just do ½ turn right doing four walks, to replace 1 ½ turn

5&-6& Touch right toe forward, step on right in place, touch left toe forward, step on left in place
7&8 Touch right toe forward, split heels apart, (weight on toes) bring heels back to center

WEAVE, ROCKING CHAIR, RIGHT CROSS, POINT LEFT, CROSS, ¼ TURN LEFT WITH RIGHT STEP BACK

1-2 Cross right behind left, step left to left side
3&4& Cross rock right over left, recover on left, rock back on right, recover on left
5-6 Cross right over left, point left to left side
7-8 Cross left over right, turn ¼ left stepping back on right

LEFT SHUFFLE BACK, RIGHT ROCK BACK, RECOVER, HIP BUMPS WITH ½ LEFT

1&2 Left shuffle back
3-4 Rock back on right, recover weight on left
5&6 Touch right forward while bumping right hip forward, bump hips back, step forward on right
&7&8 Turn ½ left, touch left foot forward bumping left hip forward, bump hips back, step forward on left

RIGHT KICK, CROSS, BACK, & CROSS, FOUR COUNT WEAVE

1-3 Kick right foot forward, cross right over left, step slightly back with left
&4 Step right to right side, cross left over right
5-8 Weave - step right to right side, step left behind right, step right to right side, cross left over right

**RIGHT SIDE TOUCH, HOLD, & LEFT SIDE TOUCH, HOLD, & ¾ TURN MONTEREY RIGHT, ROCK,
RECOVER CROSS**

1-2 Touch right to right side, hold

&3-4 Step right in place, touch left to left side, hold

&5-6 Step left in place, touch right to right side, turn ¾ turn right stepping right in place (Monterey)

7&8 Rock left to left side, recover weight on right, cross left over right

REPEAT
