

Lately

拍數: 64 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) & Ramona Pennings (NL) - November 2007
音樂: Lately (Radio Edit) - Lisa Scott-Lee



Intro: 48 count

(1-8) 1/4 TURNING JAZZ BOX, STEP FWD, POINT FWD, STEP BACK, POINT BACK, STEP FWD

- 1-2 Step Rf across Lf, step Lf back weight onto Lf (12:00)
- 3-4 Step Rf forward with 1/4 turn right, Step Lf forward take weight onto Lf (3:00)
- 5-6 Point Rf forward, step Rf back take weight onto Rf
- 7-8 Point Lf back, step Lf forward take weight onto Lf (3:00)

(9-16) ROCK / RECOVER, 1/2 LOCK SHUFFLE FWD, 1/2 TRIPLE TURN, ROCK / RECOVER

- 1-2 Rock Rf forward, Lf recover
- 3&4 Step Rf forward with 1/2 turn right, lock Lf behind Rf, step Rf forward weight onto Rf (9:00)
- 5&6 Step Lf back with 1/2 right, close Rf in front of Lf, step Lf back take weight onto Lf (3:00)
- 7-8 Rock Rf back, Lf recover weight onto Lf (3:00)

(17-24) SYNCOPATED ROCK STEPS FWD, RUNNING BACK, ROCK / RECOVER

- 1-2 Rock Rf forward, Lf recover weight onto Lf (3:00)
- &3-4 Step Rf next to Lf, rock Lf forward, Rf recover weight onto Rf
- 5&6 Step Lf back, step Rf back, step Lf back weight onto Lf (3:00)
- 7-8 Rock Rf back, Lf recover weight onto Lf (3:00)

(25-32) LOCK SHUFFLE FWD, ROCK / RECOVER, 1/4 TURN & POINT HOLD, & POINT, CENTER

- 1&2 Step Rf forward, lock Lf behind Rf, step Rf forward weight onto Rf (3:00)
- 3-4 Rock Lf forward, Rf recover take weight onto Rf
- &5-6 1/4 turn left, and point Lf to the left Hold, weight onto Rf (12:00)
- &7-8 Step Rf next to Lf, and point Lf to the left, step Lf back in center take weight onto Lf (12:00)

(33-40) 1/4 TURNING JAZZ BOX, STEP FWD, SLOW ROCKING CHAIR

- 1-2 Step Rf across Lf, step Lf back weight onto Lf (12:00)
- 3-4 Step Rf forward with 1/4 turn right, Step Lf forward take weight onto Lf (3:00)
- 5-6 Rock Rf forward, Lf recover weight onto Lf
- 7-8 Rock Rf back, Lf recover weight onto Lf (3:00)

(41-48) & JUMP BOTH FEET APART, CLAP, 1/4 TURN, & JUMP BOTH FEET APART, CLAP, CHASSE SIDE, CHASSE SIDE

- &1-2 Rf + Lf jump with both feet apart slightly back, and clap both hands together weight onto both feet (3:00)
- &3-4 Rf + Lf jump with both feet apart slightly back with 1/4 turn left, and clap both hands together ending weight onto Lf (12:00)
- 5&6 Step Rf to the right, step Lf next Rf, step Rf to the right take weight onto Rf
- 7&8 Step Lf to the left, step Rf next Lf, step Lf to the left take weight onto Lf (12:00)

RESTART: After the SECOND wall you get a restart in the music, AFTER the counts 41 t/m 48, Than you start the dance again.

(49-56) 2X SIDE ROCK / RECOVER FULL TRIPLE TURN

- 1-2 Rock Rf to the right, Lf recover weight onto Lf (12:00)
- 3&4 Make a full triple turn right (R - L - R) ending weight onto Rf
- 5-6 Rock Lf to the left, Rf recover weight onto Rf

7&8 Make a full triple turn Left (L - R - L) ending weight onto Lf (12:00)

(57-64) JUMP BOTH FEET APART ON TOES, HOLD POSITION, & CROSS HOLD, 1/2 TURN OUT / OUT, 1/4 TURN OUT / OUT

&1-2 Rf + Lf jump both feet apart on both toes weight onto both toes Hold (12:00)

&3-4 Step Rf across Lf, weight onto both feet, Rf + Lf turn 1/2 left, ending both feet apart, weight onto both feet Hold (12:00)

&5-6 Rf + Lf turning 1/2 left, and ending with both feet apart, weight onto both feet (6:00)

7-8 Rf + Lf turning 1/4 left, and ending with both feet apart, take weight onto Lf (3:00)

BEGIN AGAIN & ENJOY!!!
