

Big & Beautiful

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dan Morrison (CAN) - April 2007
音樂: Big Girl (You Are Beautiful) - MIKA : (Album: Life in Cartoon Motion)



Intro: 16 Counts - Start on Lyrics

NOTE: Third time through (Starting on 6 o'clock wall) do the first 48 Counts and then start again.

Walk, Walk, Shuffle, Rock- Step, 1/4 Shuffle

1-2 Step R forward (1) Step L forward (2)
3&4 R Shuffle Forward (R,L,R)
5-6 Step L forward (5) Step R in place (6)
7&8 1/4 turn L Step L side L (7) Step R beside L (&) Step L side L (8) (9 o'clock wall)

Cross- Mambos, Weave, 1/2 turn R- R Shuffle

1&2 Step R over L (1) Step L in place (&) Step R beside L (2)
3&4 Step L over R (3) Step R in place (&) Step L beside R (4)
5-6 Step R over L (5) Step L side L (6)
7&8 1/2 turn R Shuffle side R (R,L,R) (3 o'clock wall)

Vaudville, Rock- Step, Coaster

1&2 Step L over R (1) Step R back (&) Touch L heel forward (2)
&3&4 Step L beside R (&) Step R over L (3) Step L back (&) Touch R heel forward (4)
&5-6 Step R beside L (&) Step L forward (5) Step R in place (6)
7&8 Step L back (7) Step R beside (&) Step L forward (8)

Step- Lock- Step, Step- Lock- Step, Mambo's

1&2 Step R forward (1) Lock L behind R (&) Step R forward (2)
3&4 Step L forward (3) Lock R behind L (&) Step L forward (4)
5&6 Step R forward (5) Step L in place (&) Step R beside L (6)
7&8 Step L back (7) Step R in place (&) Step L beside R (8)

Rock- Step- Point, Sailor, Rock- Step- Point, Sailor

1&2 Step R forward (1) Step L in place (&) Point R side R (2)
3&4 Step R behind L (3) Step L beside R (&) Step R side R (4)
5&6 Step L forward (5) Step R in place (&) Point L side L (6)
7&8 Step L behind R (7) Step R beside L (&) Step L side L (8)

Weave, Behind- Ball- Cross, 1/2 Pivot, Side- Shuffle

1-2 Step R over L (1) Step L side L (2)
3&4 Step R behind L (3) Step L side L (&) Step R over L (4)
5-6 Step L side L (5) 1/2 turn R Step R in place (6) (R is cross L) (9 o'clock wall)
7&8 Shuffle side L (L,R,L)

RESTART HERE DURING WALL 3 - ON 3 O'CLOCK WALL

Weave, Behind- Ball- Cross, 1/2 Pivot, Side- Shuffle

1-8 REPEAT SAME 8 COUNTS (6 o'clock wall)

Twinkles, Step, Hitch, 1/2 Shuffle

1&2 Step R over L (1) Step L side L (&) Step R side R (2)
3&4 Step L over R (3) Step R side R (&) Step L side L (4)
5-6 Step R forward (5) Hitch L Knee (6)

7&8

1/2 turn L Shuffling (L,R,L) (9 o'clock wall)

Begin again.
