

Teach Me To Dance

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - January 2008
音樂: Teach Me How to Dance - Che'Nelle



BOTH HEEL LIFT, SIDE ROCK / RECOVER, TOGETHER, BOTH HEEL LIFT, SIDE ROCK / RECOVER, BRUSH & STEP, KNEE POP IN, STEP TOGETHER

- 1&2& Start with both feet together rise both heel up, bring both heel back in place, rock left foot to left, recover on right foot weight onto right foot
- 3&4& Step left foot next right foot take weight onto both feet, rise both heel up, bring both heel back in place, rock right foot to the right, recover on left foot weight onto left foot
- 5&6 Brush right foot forward, step right foot out to the right, step right foot in place weight onto both feet
- 7&8 Pop right knee in, step right foot back in place, step left foot next to right foot take weight onto both feet

KICK LEFT OUT, HITCH, STEP BEHIND, STEP FORWARD WITH ¼ TURN, STEP FORWARD, ROCKING CHAIR, STEP TRIPLE BACK

- &1-2 Take weight onto right foot and kicking left foot out to left, step left foot next to right foot, hitch right knee diagonally forward
- 3&4 Stepping right foot behind left foot, stepping left foot forward with ¼ turn left, stepping right foot forward (9:00)
- 5&6& Rock left foot forward, recover on right foot, step left foot back weight onto left foot
- 7&8 Stepping right foot back, stepping left foot back, stepping right foot next to left foot take weight onto both feet

Option: when dance the steps 15&16 you can make a body roll

Note: from here when start the 5th wall you get a restart in the music after the count 15&16 (triple back)

JUMP BOTH FEET APART WITH ¼ TURN, HOLD, KICK LEFT OUT, CROSS, HITCH TOGETHER, FULL WALKING TURNS FORWARD

- &1-2 Jump both feet apart with ¼ turn left, hold weight onto both feet (6:00)
- &3&4 Step right foot next to left foot, and kicking left foot to the left, step left foot across right foot, hitch right knee, step right foot next to left foot take weight onto right foot
- 5-6 ¼ turn stepping forward onto left foot (3:00), ¼ turn stepping forward onto right foot (12:00)
- 7-8& ¼ turn stepping forward onto left foot (9:00), ¼ turn stepping forward onto right foot (6:00)

SYNCOPATED ROCK & CROSSES FORWARD, ARM MOVEMENT, STEP FORWARD WITH ¼ TURN, ARM MOVEMENT KICK OUT OUT, BODY ROLL, STEP TOGETHER

- 1&2& Stepping left foot across right foot, stepping right foot to the right, stepping left foot across right foot, stepping right foot to the right (6:00)
- 3&4 Stepping left foot across right foot, stepping right foot to right, stepping left foot across right foot weight onto right foot

When you dancing the count 25-28 hanging your right arm 90 degrees to the floor in shoulder line and flex your body

- 5&6 ¼ turn right kicking forward onto right foot, step right foot out to right, and left foot out to left (9:00)

On count 29&30 bring your right hand forward when you give a hand

- 7&8 Make a fist with your right hand pull him up with body roll, step right foot back, step left foot next to right foot (9:00)

Begin again.