

It's Not Unusual

拍數: 0 牆數: 1 級數: Phrased Improver
編舞者: Hsiu-Fang Liu (USA) - January 2008
音樂: It's Not Unusual - Tom Jones



Sequence: A Tag A B ½ A A Ending

PART A

FORWARD MAMBO, BACK MAMBO, FORWARD LOCKSTEP, FULL TURN RIGHT

1&2 Rock Right forward, recover onto Left, step Right back
3&4 Rock Left back, recover onto Right, step Left forward
5&6 Step Right forward, lock Left behind Right, step Right forward
7&8 Step Left forward, pivot ½ turn right on Right, make ½ turn right by stepping Left back

LOCKSTEPS, BALL TURN A FULL TURN RIGHT

1&2 Step Right back, lock Left over Right, step Right back
3&4 Step Left back, lock Right over Left, step Left back
5& Make ¼ turn right and step Right forward, make ¼ turn right and step ball of Left behind Right
6& Step Right forward, make ¼ turn right and step ball of Left behind Right
7-8 Make ¼ turn right and step Right forward, step Left forward

CROSS ROCK, CROSS ROCK, ROCK FORWARD, COASTER

1&2 Cross Right over Left, rock Left out to left, recover on Right
3&4 Cross Left over Right, rock Right out to right, recover on Left
5-6 Rock Right forward, recover on Left
7&8 Step Right back, step Left next to Right, step Right forward

FORWARD HIPS BUMP, FORWARD HIPS BUMP, KICK BALL CROSS, HIPS BUMP

1&2 Step Left forward angle body to right and bump hips left, right, left
3&4 Step Right forward angle body to left and bump hips right, left, right
5&6 Kick Left forward, step ball of Left back, cross Right over Left
7&8 Touch Left to left and bump hips left, right, left, and transfer weight to Left

*FOUR COUNTS TAG ADDED AFTER FIRST 32 COUNTS

1-2 Step Right to right and thrust chest out-in, step Left together
3-4 Step Right to right and thrust chest out-in, step Left together

PART B

STEP, THRUST CHEST, STEP, CROSS, STEP, HEEL TOUCH

1-2 Step Right to right and thrust chest out-in, step Left together
3-4 Step Right to right and thrust chest out-in, step Left together
5&6& Step Left to left, cross Right over Left, step Left to left, touch right heel diagonally forward right
7&8& Step Right to right, cross Left over Right, step Right to Right, touch left heel diagonally forward left

STEP, TOUCH, STEP TOUCH, STEP, THRUST CHEST

1&2& Step down on Left, touch Right beside Left, step Right diagonally back right, touch Left beside Right
3&4& Step Left diagonally back left, touch Right beside Left, step Right diagonally forward right, touch Left beside Right
5-6 Step Left to left and thrust chest out-in, step Right together

7-8 Step Left to left and thrust chest out-in, step Right together

STEP, CROSS, STEP, HEEL TOUCH, STEP, TOUCH, STEP TOUCH

1&2& Step Right to right, cross Left over Right, step Right to right, touch left heel diagonally forward left
3&4& Step Left to left, cross Right over Left, step Left to left, touch right heel diagonally forward right
5&6& Step down on Right, touch Left beside Right, step Left diagonally back left, touch Right beside left foot
7&8& Step Right diagonally back right, touch Left beside Right, step Left diagonally forward left, touch Right beside Left

BRUSH FEET, MAKE A FULL TURN LEFT

1&2& Brush Right forward, make $\frac{1}{4}$ turn left and step down on Right, brush Left forward, step down on Left
3&4& Brush Right forward, make $\frac{1}{4}$ turn left and step down on Right, brush Left forward, step down on Left
5-8 Repeat the same and face 12:00

RESTART: AFTER PART B, dance the FIRST 16 counts of PART A, then restart

ENDING

CHEST THRUSTS; STEP, CROSS, STEP, HEEL, REPEAT ONCE

1-2 Step Right to right and thrust chest out-in, step Left together
3-4 Step Right to right and thrust chest out-in, step Left together
5&6& Step Left to left, cross Right over Left, step Left to left, touch right heel diagonally forward right
7&8& Step Right to right, cross Left over Right, step Right to Right, touch left heel diagonally forward left

CHEST THRUSTS; STEP, TOUCH, STEP, TOUCH, REPEAT ONCE

1-2 Step Left to left and thrust chest out-in, step Right together
3-4 Step Left to left and thrust chest out-in, touch Right together
5&6& Step Right Diagonally forward right, touch Left beside Right, step Left diagonally back left, touch Right beside Left
7&8& Step Right Diagonally back right, touch Left beside Right, step Left diagonally forward left, touch Right beside Left, keep dancing till the end of the music

Thanks to Perng-Ru for bringing this song to my attention, and thanks to Stephen did the video clip for me.
