

Sap

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Michele Perron (CAN) - March 2008
音樂: Hi - Psapp : (CDs: The Only Thing I Ever Wanted or Hi CD Single)



CW Rotation,

Sec. I (1- 8) L TRIPLE FORWARD, R TRIPLE, FORWARD, FORWARD, TURN, FORWARD, HOLD

- 1&2 LEFT Triple forward (L forward, R together, L forward) (R arm swings forward, L arm swings back)
3&4 RIGHT Triple forward (R forward L together, R forward (L arm swings forward, R arm swings back)
5,6 LEFT Step forward; Turn 1/2 R with RIGHT Step forward (6 o'clock)
7,8 LEFT Step forward; HOLD

Sec. II (9-16) R TRIPLE FORWARD, L TRIPLE FORWARD, FORWARD, TURN, ACROSS, HOLD

- 1&2 RIGHT Triple forward (R forward L together, R forward (L arm swings forward, R arm swings back)
3&4 LEFT Triple forward (L forward, R together, L forward) (R arm swings forward, L arm swings back)
5,6 RIGHT Step forward; Execute 1/4 Turn L with LEFT Step side L (3 o'clock)
7,8 RIGHT Step across front of L; HOLD

Sec.III (17-24) SIDE, TOGETHER, ACROSS (SCISSOR STEP), HOLD; HEEL, TOUCH, TOUCH, HOOK/TURN

- 1,2 LEFT Step side L; RIGHT Step beside L
3,4 LEFT Step across front of R; HOLD
5,6 RIGHT Heel forward; RIGHT Toe Touch back
7,8 RIGHT Toe Touch forward; RIGHT 'Hook Up' across front of L shin with 1/4 Turn R (6 o'clock)

* Counts 3,4,5,6,7: all facing diagonal R

Sec.IV (25-32) FORWARD, SWEEP, FORWARD, SWEEP, ROCK/FORWARD, RECOVER/BACK, TURN. HOLD

- 1,2 RIGHT Step forward; LEFT Sweep (from back to front, drag toe on floor)
3,4 LEFT Step forward; RIGHT Sweep (from back to front, drag toe on floor)
5,6 RIGHT Rock/Step forward; LEFT Recover/Step back
7,8 Execute 1/2 Turn R with RIGHT Step forward; HOLD (12 o'clock)

· Counts 1,2,3,4,5: all facing diagonal R

Sec.V (33-40) TURN/SIDE, HOLD, TOGETHER, HOLD, TOUCH-&-TOUCH, HITCH, ACROSS

- 1,2 LEFT Step side L with 1/2 Turn R (bend knees, 2nd foot position, hands atop of thighs); HOLD (6 o'clock)
3,4 RIGHT Step beside L; HOLD
5&6 LEFT Toe/Touch side L, LEFT Step beside R, RIGHT Toe/Touch side R
7,8 RIGHT Knee Hitch; RIGHT Step across front of L

Sec.VI (41-48) SIDE, HOLD, TOGETHER, HOLD, TOUCH-&-TOUCH, HITCH, ACROSS

- 1,2 LEFT Step side L (bend knees, 2nd foot position, hands atop of thighs); HOLD
3,4 RIGHT Step beside L; HOLD
5&6 LEFT Toe/Touch side L, LEFT Step beside R, RIGHT Toe/Touch side R
7,8 RIGHT Knee Hitch; RIGHT Step across front of L

Sec.VII (49-56) TURN, SWEEP, BACK, SWEEP, LOCK, FORWARD, LOCK, FORWARD

- 1,2 Turn 1/4 R with LEFT Step back; RIGHT Sweep (from front to back, drag toe on floor) (9 o'clock)
- 3,4 RIGHT Step back; LEFT Sweep (from front to back, drag toe on floor)
- 5,6 LEFT Lock/Step forward (behind and to R side of R heel); RIGHT Step forward
- 7,8 LEFT Lock/Step forward (behind and to R side of R Heel); RIGHT Step forward

Sec.VIII (57-64) WALK, WALK, FORWARD, TURN, PRESS, POSE, POSE, RELEASE

- 1,2 LEFT, RIGHT Steps forward
- 3,4 LEFT Step forward; Turn 1/2 R with RIGHT Step forward (3 o'clock)
- 5,6 LEFT Touch/Press forward with: L arm held straight behind, R arm bent and held across waist, fingers closed on both hands, bend forward, L Knee bent, head looks left
- 7,8 Fingers on both hands spread; Release Pose and Press (weight shift to right)

Begin Again

*** Wade Robson, Award winning Choreographer, performed on Dancing with the Stars television show. I watched with amazement: his dancing, his choreography and listened to his music selection. I loved it! Hi by Psaap was the music and bits of my choreography are borrowed from Wade's performance.**
