

Set On You

拍數: 64 牆數: 2 級數: Improver
編舞者: Maggie Gallagher (UK) - July 2008
音樂: Got My Mind Set On You - George Harrison : (CD: Cloud Nine)



Intro : 16 counts – (6 sec) Start on vocals (Total Duration 3m 51s)

S1: SIDE TOUCHES, CHASSE RIGHT, TOUCH

1,2 Step right to right side, Touch left next to right
3,4 Step left to left side, Touch right next to left
5,6 Step right to right side, Step left next to right
7,8 Step right to right side, Touch left next to right

Option : 5-8 Rolling vine, Touch

S2: SIDE TOUCHES, CHASSE LEFT, TOUCH

1,2 Step left to left side, Touch right next to left
3,4 Step right to right side, Touch left next to right
5,6 Step left to left side, Step right next to left
7,8 Step left to left side, Touch right next to left

Option : 5-8 Rolling vine, Touch

S3: RIGHT ROCKING CHAIR, 1/4 HIP ROLL TURN x2

1,2 Rock forward on right, Recover onto left
3,4 Rock back on right, Recover onto left
5,6 Step forward on right, Make 1/4 turn left (Rolling hips)
7,8 Step forward on right, Make 1/4 turn left (Rolling hips) (6.00)

S4: TOE STRUTS R,L, SHORTIE GEORGE (4 LITTLE RUNS)

1,2 Step forward onto right toes, Step right heel in place
3,4 Step forward onto left toes, Step left heel in place
5,6 (Whilst lowering body by bending knees slightly) Run forward R,L
7,8 (Whilst lowering body by bending knees slightly) Run forward R,L

S5: RUMBA BOX FORWAR, HOLD, RUMBA BOX BACK, HOLD

1,2 Step right to right side, Step left next to right
3,4 Step forward on right, HOLD
5,6 Step left to left side, Step right next to left
7,8 Step back on left, HOLD ***

S6: BACK MAMBO, HOLD, FORWARD MAMBO, HOLD

1,2 Mambo back on right, Recover onto left
3,4 Step right next to left, HOLD
5,6 Mambo forward on left, Recover onto right
7,8 Step left next to right, HOLD

S7: 1/4 MONTEREY RIGHT x2

1,2 Point right to right side, 1/4 turn right stepping right next to left
3,4 Point left to left side, Step left next to right
5,6 Point right to right side, 1/4 turn right stepping right next to left
7,8 Point left to left side, Step left next to right (12.00)

S8: RIGHT LOCK, SCUFF, STEP, 1/2 PIVOT, STEP, HOLD

1,2 Step forward on right, Lock left behind right

3,4 Step forward on right, Scuff forward on left
5,6 Step forward onto left, Make 1/2 pivot turn right
7,8 Step forward on left, HOLD (6.00)

*****RESTARTS: After 40 counts during wall 2 and wall 5 – Do the TAG, then Restart from the beginning.**

TAG:

At the end of wall 3 do a 4 count Tag. (Hip bumps R,L,R,L)
