

Secret Giggles

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Julie Murray (UK) - January 2009
音樂: She Said - Take That : (Album: The Circus, forward the song 'Here' to 5:28 to find the secret song called 'She Said' that's hidden at the end, It starts with Gary's Giggle!)



Count In: 32 counts from the heavy beat. Start on the vocals.

REVERSE RHUMBA: RIGHT, TOGETHER, BACK, LEFT, TOGETHER, FORWARD. CHASSE RIGHT, SAILOR QUARTER TURN (LEFT)

- 1 & 2 Start with weight on left foot. Step right foot to right side, bring left beside right transferring weight to left, step back on right.
- 3 & 4 Step left to left side, bring right next to left transferring weight onto right, step forward on left. (completing the rhumba box)
- 5 & 6 Step right to right side, bring left next to right, step right to right side.
- 7 & 8 Step left behind right, step right out to right side whilst making a quarter turn to the left, step forward on to left. (9 o'clock wall)

DIAGONAL FORWARD MAMBO, DIAGONAL LEFT COASTER, DIAGONAL FORWARD MAMBO, DIAGONAL LEFT COASTER.

- 1 & 2 Rock forward and to right diagonal on to right foot, recover weight on to left, close right next to left.
- 3 & 4 With body angled slightly towards the right diagonal, step back on left, bring right foot back next to left, step forwards on left.
- 5 & 6 (repeat 1 & 2)
- 7 & 8 (repeat 3 & 4) (9 o'clock wall)

RHUMBA FORWARD: (RIGHT, TOGETHER, FORWARD). RHUMBA FORWARD: (LEFT, TOGETHER, FORWARD). ROCK FWD, RECOVER, BACK. CHASSE QUARTER TURN (LEFT)

- 1 & 2 Step right to right side, step left next to right, step forward onto right.
- 3 & 4 Step left to left side, step right next to left, step forward onto left.
- 5 & 6 Rock forward onto right, recover weight onto left, step back onto right.
- 7 & 8 Make a chasse quarter turn to the left to face back, stepping left, together, left. (6 o'clock)

CROSS ROCK, RECOVER, SIDE. CROSS ROCK, RECOVER SIDE. TOE STRUT, TOE STRUT, TOE STRUT, STOMP.

- 1 & 2 Rock right over left, recover weight onto left, step right to right side.
- 3 & 4 Rock left over right, recover weight onto right, step left to left side.
- 5 & 6 & 7 & 8 Do three swivel diagonal toe struts moving forwards starting with the right toe. Step forward on your right toes, drop heel, step forwards on your left toes, drop heel, step forward on your right toes, drop heel, stomp left foot to left side.

And that's it! Enjoy!