

Food Chain

拍數: 56 牆數: 4 級數: Phrased High Intermediate
編舞者: Scott Blevins (USA) - May 2009
音樂: In One Ear & Out the Other - Fujiya & Miyagi : (CD: Transparent Things)



Sequence: A-A-B-B-A-A-B-B-A-A-Tag- A's to end.

NOTE: Every time you start a new section your clock reverts back to 12 O'clock with count 1.
16 count intro.

Section A:

(1 - 8)

- 1-2 1) Step fwd on L; 2) Turning $\frac{1}{4}$ to left, step R foot to right side
3&4 3) Step L behind R; &) Turning $\frac{1}{4}$ to left, step R foot to center; 4) Turning $\frac{1}{4}$ to L, step L foot
across and in front of R foot (Sailor with $\frac{1}{2}$ turn to left) [3:00]
5-6 5) Turning $\frac{1}{4}$ to right, step fwd on R; 6) Turning $\frac{1}{2}$ to right, step back on L
a-7&8 a) Make a $\frac{1}{2}$ turn right over right shoulder; 7&8) Shuffle fwd R-L-R [6:00]

(9 -16)

- 1-2&3 1) Step fwd on L; 2) Turning $\frac{1}{4}$ to left, rock R to right side; &) Recover to L; 3) Step R across
and in front of L
4-5 4) Turning $\frac{1}{4}$ to right, step back on L; 5) Turning $\frac{1}{4}$ to right, step fwd on R [9:00]
6-7-8 6) Step fwd on L; 7) Turning $\frac{1}{4}$ to left, step back on R; 8) Turning $\frac{1}{4}$ to left, step L to left side
[3:00]

(17-24)

- a-1&2 a) Make a $\frac{1}{4}$ turn left; 1&2) Shuffle fwd R-L-R
3-4 3) Rock fwd on L; 4) Recover to R
5&6 5&6) Shuffle back L-R-L
7-8 7) Turning $\frac{1}{4}$ to right, step fwd on R; 8) Turning $\frac{1}{2}$ to right, step back on L [9:00]

(25-32)

- 1-2 1-2) Step back R-L (with a funky style)
3&4 3) Turning $\frac{1}{2}$ to right, step fwd on R; &) Turning $\frac{1}{2}$ to right, step L next to R; 4) Step fwd on R
5-6-7-8 5) Step fwd on L, pushing hip to left; 6) Step fwd on R, pushing hip to right; 7) Step fwd on L,
pushing hip to left; 8) Turning $\frac{1}{2}$ to right, step fwd on R [3:00]

Section B:

(1-8)

- 1-2 1) Step fwd on L; 2) Turning $\frac{1}{2}$ to left, step back on R
3&4 3) Turning $\frac{1}{4}$ turn to left, step L to left side; &) Step R next to L: 4) Turning $\frac{1}{4}$ turn to left, step
L fwd (1/2 turning shuffle) [12:00]
5&6& 5) Step R across and in front of L; &) Step back on L; 6) Step R to right side; &) Step L
across and in front of R
7&8 7) Hold; &) Step back and on a diagonal to right on R, with L slightly off the floor and pointing
forward and on a diagonal to left; 8) Hold

(9-16)

- &-1-2 &) Step L to center; 1) Rock fwd and on a diagonal toward 11 O'clock on R; 2) Turning $\frac{1}{4}$ to
right, Recover to L [1:00]
3&4 3) Step R to right side; &) Step L next to R; 4) Turning $\frac{1}{4}$ right, step fwd on R [5:00]
5-a-6 5) Step fwd on L; a) Make $\frac{3}{4}$ turn right on L foot; 6) Step fwd on R [1:00]
7&8 7&8) Shuffle fwd L-R-L [1:00]

(17-24)

- 1-2 1) Step fwd on R; 2) Pivot $\frac{1}{2}$ turn to left, taking weight on L [7:00]
3-4 3) Step fwd on R; 4) Turning $\frac{3}{8}$ to right, step back on L to square up to 12 O'clock
5&6 5) Turning $\frac{1}{4}$ turn to right, step R to right side; &) Step L next to R: 6) Turning $\frac{1}{4}$ turn to right, step R fwd (1/2 turning shuffle) [6:00]
7-8 7) Step fwd on L; 8) Pivot $\frac{1}{2}$ turn to right, taking weight on R [12:00]

Tag:

- 1-2 1) Step fwd on L; 2) Turning $\frac{1}{2}$ to left, step back on R;
3&4 3) Turning $\frac{1}{4}$ turn to left, step L to left side; &) Step R next to L: 4) Turning $\frac{1}{4}$ turn to left, step L fwd (1/2 turning shuffle) [12:00]
5&6& 5) Step R across and in front of L; &) Step back on L; 6) Step R to right side; &) Step L across and in front of R
7&8-& 7) Hold; &) Point R toe to right side; 8) Hold; &) Step R next to L (continue into Section A)
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