

Fiona

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael Barr (USA) - May 2009
音樂: Give It to Me Right - Melanie Fiona : (CD: The Bridge)



Lead: 16 cts.

Country Song: Let's Make a Baby King by Wynonna - CD: Tell Me Why Lead: 32 cts. Bpm: 120

(1-8) Sailor 1/4 Turn Right, Touch, Step – Touch, Step, Touch, Step

- 1&2 Step Right behind left; Turn ¼ right stepping Left next to right; Step Right forward to right diagonal (facing 4:30)
- 3-4 Touch Left toe next to right instep on right diagonal; Step Left foot forward to 3 o'clock wall
- 5-6 Touch Right toe next to left instep; Step Right foot forward to right diagonal
- 7-8 Touch Left toe next to right instep on right diagonal; Step Left foot forward to 3 o'clock wall

Note: The musical emphasis is on count 3 and count 7.

(9-16) Modified Jazz Box - Side, Hold, Behind, Side, Touch

- 1-2 Cross step Right foot in front of left; Hold
- &3-4 Step back on ball of Left foot; Step Right foot slightly back and side right; Cross Left foot in front of right
- 5-6 Step Right foot side right; Hold
- &7-8 Step Left foot behind right; Step Right foot side right; Touch Left toe next to right foot

Option: If it feels right kick the Left foot to the right diagonal on count 8 instead of the touch.

(17-24) Side Lunge, Hold, Return, Drag Touch – 1/4 Left Walk, Drag, Walk, Walk

- 1-2 Step (lunge) Left foot side left (head looks ¼ left over your left shoulder); Hold
- 3-4 Return weight onto Right dragging left to center (return head to 3 o'clock); Touch Left toe next to right foot
- 5-6 Turn ¼ left stepping Left foot forward; Drag Right toe forward (weight stays on left) (facing 12 o'clock)
- 7-8 Walk forward on Right foot; Walk forward on Left foot

(25-32) Out-Out-In-Cross, 1/4 Turn Left, Drag Heel – Side-Cross-Hitch

- &1 Step ball of Right foot side right and slightly forward; Step ball of Left foot side right
- &2 Step ball of Right foot slightly back and center; Step Left foot in front of right
- 3-4 Turn ¼ left stepping back on Right foot; Drag the Left heel towards center (weight stays right) (facing 9 o'clock)
- &5 Step slightly back on ball of Left foot; Cross step Right foot in front of left
- 6 Hitch Left knee crossing slightly over right knee (you can swivel slightly right if it feels good)
- 7-8 Step Left foot side left; Hold/drag Right foot towards left for the last count! (keep weight on left foot)

Begin Again