

Hey Frankie!

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Rep Ghazali (SCO) - October 2009
音樂: Frankie - Sister Sledge : (CD: Sister Sledge, Best Of - 4:16)



(83bpm) 96 count intro start on vocal (36sec)

(1-8) RUMBA BOX

1-2 step Right to Right side, step Left together
3-4 step forward Right, hold
5-6 step Left to Left side, step Right together
7-8 step back Left, hold (12)

(9-16) SIDE ROCK-RECOVER, HEEL-HITCH, CROSS-SIDE, ¼ TURN-HITCH

1-2 rock Right to Right side, recover on Left
3-4 touch Right heel across Left, hitch up on Right
5-6 step Right to Right side, cross Left over Right
7-8 ¼ turn Left by stepping back on Right, hitch up on Left (9)

(17-24) COASTER STEP, ¼ TURN ROCK-RECOVER, FORWARD-HOLD

1-2 step back Left, step Right beside Left
3-4 step forward Left, hold
5-6 ¼ turn Left rocking Right to Right side, recover on Left (6)
7-8 step Right forward and slightly across Left, hold (6)

(25-32) STEP-½ TURN-STEP, FULL TURN (TRAVELLING FORWARD), STEP-HOLD

1-2 step forward Left, ½ pivot turn Right
3-4 step forward Left, hold
5-6 ½ turn Left by stepping back Right, ½ turn Left by stepping forward Left (12)
7-8 step forward Right, hold (12)

(easier option count 5-8: Right shuffle forward with hold)

(33-40) FORWARD MAMBO, BACK TOE STRUTS

1-2 rock forward Left, recover on Right
3-4 step back Left, hold
5-6 touch Right toe back, drop Right heel on the floor
7-8 touch Left toe back, drop Left heel on the floor (12)

(optional styling on count 5-8 during 3rd and 5th wall: as they sing "down, down..")

You sing out loud DOWN, DOWN while doing the toe struts - go as low as you can, as if you are going down...)

(41-48) BACK MAMBO, FORWARD TOE STRUTS

1-2 rock back Right, recover on Left
3-4 step back Right, hold
5-6 touch Left toe forward, drop Left heel on the floor
7-8 touch Right toe forward, drop Right heel on the floor (12)

(49-56) ¼ TURN ROCK-RECOVER, CROSS-HOLD, ½ MONTAREY TURN HITCH

1-2 ¼ turn Right by rocking Left to Left side, recover on Right (3)
3-4 cross Left over Right, hold
5-6 point Right to Right side, ½ turn Right by stepping Right beside Left (9)
7-8 point Left to Left side, hitch up on Left (9)

(57-64) CROSS-¼ TURN, ¼ TURN-SCUFF, STEP-SCUFF, STEP-SCUFF

- 1-2 cross Left over Right, ¼ turn Left by stepping back on Right (6)
 - 3-4 ¼ turn Left by stepping forward on Left, scuff forward on Right (3)
 - 5-6 step forward Right, scuff forward on Left
 - 7-8 step forward Left, scuff forward on Right (3)
-