

What's On The Menu

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Joanne Brady (USA), Bob Grundy & David Sickles (USA) - January 2010
音樂: A Little Meat on the Side - Sea Cruz : (Album: Locals Too! - KHP Music)



A Huge Thanks to Bob & Dave for finding the music. This is the first time since Another Quickie that I have felt truly inspired to write a dance! Hope folks like it as much!

Dance begins 48 counts in on the vocals

Walk, Walk, Anchor Step, Coaster Step, Kick Ball Change

1, 2 Walk fwd R, L
3&4 Cross R behind L, Step L over R moving back, step back on R
5&6 Step L back, Step R next to L, Step L fwd
7&8 Kick R fwd, Step on Ball of R foot, Step L next to R

Half Pivot Left, Anchor Triple with a quarter turn Left, Left Sweeping Sailor, Kick Ball Change

1,2 Step Fwd on R, Pivot half turn left putting weight on L foot
3&4 Cross R behind L, Step L over R, ¼ turn left while stepping back on R
5&6 Sweep L around and behind R, Step R next to L, Step L Fwd
7&8 Kick R fwd, Step on Ball of R foot, Step L next to R

Step Lock & Step Lock (Wizard or Dorothy Step), Syncopated Rocking Chair

1,2 & Step fwd on R (1), Step L fwd behind R (2), Step fwd on R (&),
3,4 & Step fwd on L (3), Step R fwd behind L (4), Step fwd on L (&)
5&6& Rock fwd on R (5), Recover to L(&), Rock back on R(6), Recover to L
7&8& Rock fwd on R(7), Recover to L(&), Rock back on R(8), Recover to L

Option for count 5,6,7,8 would be a basic rocking chair without the syncopation)

West Coast Swing Whip Pattern

1-2 Step forward with R foot (1), Turn 1/2 Right, step back with L (2).
3&4 Step back with R (3), Step together with L (&), Step forward with R (4).
5-6 Step forward with L foot (5), Turn 1/2 L, step back with R (6).
7,8 Step back with L foot (7), HOLD with weight on L while dragging R toe next to L (8)

Right Lindy, Left Lindy

1&2 Step R to right side, Step L next to R, Step R to right side
3,4 Rock back onto L, Recover to R
5&6 Step L to left side, Step R next to L, Step L to left side
7,8 Rock back on R, Recover to L

Step, Touch, Step, Touch, Syncopated Heel & Toe Touches

1,2 Step to R while bending right knee (sitting position), Touch L Toe fwd diagonally
3,4 Step to L while bending right knee (sitting position), Touch R toe fwd diagonally
(those of you who can do an awesome body roll, this would be the place)
&5&6 Step back on R, Tap L Heel fwd, Step L in place, Touch R Toe next to L
&7&8 Step back on R, Tap L Heel fwd, Step L in place, Touch R Toe next to L

REPEAT and enjoy
(9/14/09)

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