

Thank You

拍數: 64 牆數: 2 級數: Advanced
編舞者: Alan Birchall (UK) - February 2010
音樂: Thank You - Seal : (CD: Hits)



Start: On Main Vocals - 32 counts (28secs)

LOCK STEPS, ROCK, RECOVER, 1½ TRIPLE TURN

1&2 Step Forward On Right, Lock Left Behind Right, Step Forward On Right
3&4 Step Forward On Left, Lock Right Behind Left, Step Forward On Left
5-6 Rock Forward On Right, Recover On Left
7&8 1½ Triple Turn Right, Stepping Right Left Right (6 'o' Clock)

¼ ROCK, RECOVER, CROSS SHUFFLE, KICK BALL TOUCH, LOWER BODY ROLL

9-10 Making ¼ Turn Right Rock Left To Left, Recover On Right (9 'o' Clock)
11&12 Cross Left Over Right, Step Right To Right, Cross Left Over Right
13&14 Kick Right To Right Diagonal, Step Right By Left, Touch Left Toe Back (Weight On Right)
15-16 Push Lower Body Forward Rising Heels Slightly, Sit Back On Left (Weight On Left)

RIGHT HEELJACK, RIGHT HEELJACK, STEP, CROSS, UNWIND FULL TURN, SWAY, RECOVER

17&18 Cross Right Over Left, Step Left To Left, Extend Right Heel
19&20 Cross Right Over Left, Step Left To Left, Extend Right Heel
&21-22 Step On To Right, Cross Left Over Right, Unwind Full Turn Right
23-24 Rock (Sway) Right To Right, Recover On Left

Restart Here On 5th wall (Facing 9 'o' Clock)

SAILOR STEP, BEHIND, UNWIND ¾, SYNCOPATED ¼ TURN ROCKS, BEHIND, SIDE, CROSS

25&26 Cross Right Behind Left, Step Left To Left, Step Right By Left
27-28 Cross Left Behind Right, Unwind ¾ Left (Weight Ends On Left) (12 'o' Clock)
29& Rock Forward On Right, Recover On Left Making 1/8th Turn
30& Rock Right To Right, Recover On Left Making 1/8th Turn
31&32 Cross Right Behind Left, Step Left To Left, Cross Right Over Left

NOTE: Tag Here During Wall 2 (Facing 9 'o' Clock) & Wall 4 (Facing 3 'o' Clock)

BIG STEP, DRAG, SKATE RIGHT, SKATE LEFT, CROSS ROCK, RECOVER, FULL TRIPLE TURN

33-34 Take Big Step To Left, Drag Right By Left
35-36 Skate Right, Skate Left (See Dance Ending To Finish On The Front Wall)
37-38 Cross Rock Right Over Left, Recover On Left
39&40 Full Triple Turn To Right Stepping Right, Left, Right (3 'o' Clock)

CROSS, STEP, STEP,WALK, WALK, TOUCHES WITH BUMPS

41-42 Cross Left Over Right, Step Back On Right
&43-44 Step Left By Right, Walk Forward On Right, Walk Forward On Left
45&46& Touch Right Toe Forward Bumping Hips Right, Left, Right, Left (Weight Ends On Left)
47&48 Touch Right Toe Back Bumping Hips Right, Left Right (Weight Ends On Right)

BACK LOCK STEPS, ¾ PADDLE TURN, CROSS

49&50 Cross Left Over Right, Step Back On Right, Step Back On Left
51&52 Cross Right Over Left, Step Back On Left, Step Right By Left
53&54& Making ¼ Turn Right Touch Left To Left, Making ¼ Turn Right Touch Left To Left (9 'o' Clock)
55&56 Making ¼ Turn Right Touch Left To Left, Cross Left Over Right (12 'o' Clock)

POINT, HITCH, POINT, STEP, POINT, HITCH, POINT, STEP, CROSS, UNWIND

- 57&58 Point Right To Right, Hitch Right, Point Right To Right
& Step Right By Left,
59&60 Point Left To Left, Hitch Left, Point Left To Left
61-62 Cross Left Over Right, Step Back On Right
&63-64 Step Left To Left, Cross Right Over Left, Unwind ½ Turn Left (Weight Ends On Left) (6 'o' Clock)

START AGAIN

TAG: During Wall 2 (Facing 9 'o' Clock) & Wall 4 (Facing 3 'o' Clock)

TOUCH, HOLD, STEP, TOUCH, HOLD, STEP, TOUCH, STEP, TOUCH, STEP, BIG STEP, DRAG, TOUCH

- 1-2 Touch Left Toe Forward, Hold
&3-4 Step Left By Right, Touch Right Toe Forward, Hold
&5&6 Step Right By Left, Touch Left To Left, Step Left By Right, Touch Right To Right
&7-8 Step Right By Left, Take Big Step To Left, Drag Right By Left

¼ TURNING TOE STRUT X 2, BEHIND ¼ STEP, STEP, ½ HITCH TURN

- 9-10 Making ¼ Turn Right Touch Right Toe To Right, Step Down On Right
11-12 Making ¼ Turn Right Touch Left Toe To Left, Step Down On Left
13&14 Cross Right Behind Left, Making ¼ Turn Left Stepping Forward On Left, Step Forward On Right
15-16 Step Forward On Left, Make ½ Turn Left Hitching Right Knee By Left

DANCE ENDING DURING 7th WALL FACING 6 'o' CLOCK

- 35-36 Cross Rock Right Over Left, Recover On Left (6 'o' Clock)
37&38 1½ Triple Turn Right, Stepping Right Left Right (12 'o' Clock)
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