

Sweet Sister

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sadiah Heggernes (NOR/UK) - February 2010
音樂: Hey, Soul Sister - Train : (CD: Save Me, San Francisco)



32 count intro – start on main vocals

Section 1: Hip Sways, ¼ Turn, Shuffle Forward, Step, Full Turn, Step

1-3 Small step on right diagonal swaying hips right-left-right
4&5 ¼ turn left step forward on left. Close right beside left step forward on left (9.00)
6 Step forward on right
7&8 ½ turn right step back on left. ½ turn right step forward on right. Step forward on left

Section 2: Step, Rock Forward, Chasse ¼ Turn, Shuffle Forward, Step, Pivot, Step

&1-2 Small step right beside left. Rock forward on left. Recover weight onto right
3&4 ¼ turn left step left to side. Close right beside left. Step left to side (6.00)
5&6 Step forward on right. Close left beside right. Step forward on right
7&8 Step forward on left. Make ½ pivot right. Step forward on left (12.00)

Section 3: Diagonal Toe Struts, ¼ Turn, Side, Step, Kick Ball Touch, Sailor ½ Turn

1& Step right toe to right diagonal. Step down on right heel
2& Cross left toe over right. Step down on left heel
3&4 ¼ turn left stepping back on right. Step left to side. Step forward on right (9.00)
5&6 Kick left forward. Step down on left. Touch right to side
7&8 1/4 turn to right crossing right behind left. 1/4 turn right stepping left next to right, step forward on right. (3:00)

Section 4: Step, Rock Forward, Coaster Step, Side Rock Touch, Run back with Hitch

&1-2 Small step left beside right. Rock forward on right. Recover weight onto left
3&4 Step back on right. Step left beside right. Step forward on right
5&6 Rock left to side. Recover weight onto right. Touch left beside right
7&8 Run back left-right-left hitching right knee beside left

Ending: You will be facing 6.00: Cross right over left, unwind ½ turn left to face 12:00