

Smotherin' Me

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Andrew Palmer (UK) & Sheila Palmer (UK) - March 2010
音樂: Smotherin' Me - Imelda May : (CD: Love Tattoo)



16 count / 8s intro. Start on vocals
Dance rotates in a clockwise direction

Kick. Kick. Together. Side. Together. Kick-Ball-Cross. Kick-Ball-Cross

1-2& Kick left over right. Kick left to side, Step left beside right
3 - 4 Step right to side. Step left beside right
5&6 Right kick-ball-cross
7&8 Right kick-ball-cross

Quarter-Step back. Together. Heel Bounces. Forward. Together. Kick-Ball-Point

1 - 2 Quarter left (9:00) step back on right. Step left beside right
3 - 4 Bounce both heels. Bounce both heels (weight left)
5 - 6 Step forward on right. Step left beside right
7&8 Right kick-ball-point

Sailor-Step. Sailor-Quarter-Turn. Step. Touch. Kick-ball-step

1&2 Left sailor-step
3&4 Sailor quarter turn right (12:00)
5 - 6 Step forward on left. Touch right beside left
7&8 Right kick-ball-step

Rock. Recover. Turn. Turn. Coaster-Step. Step. Pivot-Quarter

1 - 2 Rock forward on right. Recover
3 - 4 Half right (6:00) step forward right. Half right (12:00) step back on left
5&6 Right coaster-step
7 - 8 Step forward on left. Pivot quarter (3:00) weight right

Restart here during wall 5

Cross. Point. Behind. Point. Touch. Turn. Step.Pivot-Half

1 - 2 Cross left over right. Point right to side
3 - 4 Step right behind left. Point left to side
5 - 6 Touch back left. Half left (9:00) change weight to left
7 - 8 Step forward on right. Pivot half (3:00) weight left

Box-Step. Forward. Together. Heel Bounces

1 - 4 Right box-step
5 - 6 Step forward right. Step left beside right
7 - 8 Bounce both heels. Bounce both heels (weight right)

Our thanks to Peter for recommending the track.

Website: www.a-s-portal.com - Email: sheilaandandrew@hotmail.com - Tel: 07729285100