

El Bailar

拍數: 64 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - January 2009
音樂: Hockey Pockey - Tatiana



Begin facing 12:00: Intro: 32 count you start the dance at vocals

(1-8) Side Toe Strut, Back Rock / Recover, Side Toe Strut, Back Rock / Recover

- 1-2 Step Rf on toe to the right side , and drop your right heel
- 3-4 Rock Lf back, recover on Rf (12:00)
- 5-6 Step Lf on toe to the left side, and drop your Left heel
- 7-8 Rock Rf back, recover on Lf (12:00)

(9-16) 2x Suzie Q's (Traveling Heel Grinds)

- 1 Cross R heel over LF Right toe should be swivelled to the left. Feet stay in 4th position throughout this section
- 2 Step Lf to the left side The left moves directly sideways, not beside the right. The right toes swivel to the right
- 3 Cross R heel over LF Right toe should be swivelled to the left. Feet stay in 4th position throughout this section
- 4 Step Lf to the left side The left moves directly sideways, not beside the right. The right toes swivel to the right (12:00)
- 5-8 Repeat the steps Again, ending weight onto Lf (12:00)

(17-24) 1/4 Turn L, Side Toe Strut, Back Rock / Recover, Side Toe Strut, Back, Rock / Recover

- 1-2 Turn 1/4 left and step Rf on toe to the right side, and drop right heel (9:00)
- 3-4 Rock Lf back, recover on Rf
- 5-6 Step Lf on toe to the left side (5), and drop your Left heel
- 7-8 Rock Rf back, recover on Lf (9:00)

(25-32) Point R Fwd, Side, Point L Fwd, Side, Boogie Walks Fwd

- 1-2 Point right toe forward, step Rf out to the right side weight onto Rf (9)
- 3-4 Point left toe forward, step Lf out to the left side weight onto Lf
- 5-8 Stepping forward on balls of feet with a swivelling action - right, left, right, left (9:00)

Restart Here Wall 2 AFTER 32 count

(33-40) Step Fwd, Hold, Pivot 1/2 L, Hold, Running Fwd R - L, Touch, Hold

- 1-4 Step forward on Rf, HOLD, pivot 1/2 L and take weight on Lf, HOLD (3:00)
- 5-6 Stepping forward on Rf, stepping forward on Lf
- 7-8 Touching Rf next to Lf, HOLD weight onto Lf (3:00)

(41-48) 1/4 Turn, Side Rock / Recover, Cross, Hold, Turn 1/4 R, Step Back, Step Back, Step Fwd, Hold

- 1-2 Turn 1/4 left and rock Rf to the right side, recover on Lf (12:00)
- 3-4 Cross Rf over Lf, HOLD (12)
- 5-6 Turn 1/4 right and step back on Lf, step back on Rf
- 7-8 Stepping forward on Rf, HOLD (3:00)

(49-56) Rock Fwd / Recover, Step Back, Hold, Back Rock / Recover, Step Fwd, Hold

- 1-2 Rock forward on Rf, recover on Lf (3)
- 3-4 Step Rf back, HOLD
- 5-6 Rock back on Lf, recover on Rf
- 7-8 Step forward on Lf, HOLD (3:00)

(57-64) Pivot 1/2 L, Full Chane Turn L, Hold

1-2 Step forward on Rf, HOLD (9:00)

3-4 Pivot 1/2 left and take on weight onto Lf , HOLD (9)

5-6 Close Rf next to Lf, turning full left on both feet and step forward on Lf

7-8 Touch Rf next to Lf, HOLD (9:00)

Start Again And Have Fun!

smoothdancer79@hotmail.com
