

Posted Proposal

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Jon Peppin (AUS) - July 2010
音樂: Post-It Note Proposal - Billy Bridge : (CD: Post It Note Proposal)



Start Position: Feet together - with weight on R foot.

Starts 24 counts in on vocals.

- 1-3 [1,2,3] Waltz forward - step L forward, step R beside L, step L beside R,
4-6 [4,5,6] Waltz back - step R back, step L beside R, step R beside L,
- 7-9 [1,2,3] Step L forward, turning 180 degrees L - step R beside L, step L beside R,
10-12 [4,5,6] Waltz back - step R back, step L beside R, step R beside L,
- 13-15 [1,2,3] Step L forward, touch R toe to R side, hold for one count,
16-18 [4,5,6] Step R forward, touch L toe to L side, hold for one count,
- 19-21 [1,2,3] Step L behind R, step/rock on ball of R to R side, rock/replace weight onto L,
22-24 [4,5,6] Step R behind L, step/rock on ball of L to L side, rock/replace weight onto R, **
******Note: On wall 6 - Restart dance here from the beginning******
- 25-27 [1,2,3] Turning 90 degrees R - step L forward, step R beside L, step L beside R,
28-30 [4,5,6] Turning 90 degrees R - step R back, step L beside R, step R beside L,
- 31-33 [1,2,3] Turning 90 degrees R - step L forward, step R beside L, step L beside R,
34-36 [4,5,6] Turning 90 degrees R - step R back, step L beside R, step R beside L,
- 37-39 [1,2,3] Twinkle - step L over R, step/rock on ball of R to R side, rock/replace weight onto L,
40-42 [4,5,6] Step R over L, turn 90 degrees R - step L back, turn 90 degrees - R step R to R side,
- 43-45 [1,2,3] Twinkle - step L over R, step/rock on ball of R to R side, rock/replace weight onto L,
46-48 [4,5,6] Step R over L, turn 90 degrees R - step L back, turn 180 degrees R - step R forward.

REPEAT DANCE IN NEW DIRECTION

Notes:

1. Restart - on wall 6 - Dance the first 24 counts then restart the dance from the beginning.
2. Last Wall / finish - The music disappears/slows - just dance through it and on the last three counts just turn 180 degrees instead of 270 degrees:
46-48 [4,5,6] Step R over L, turn 90 degrees R - step L back, turn 90 degrees R - step R forward.

As taught by the Travelling Cowboy. (Ph.0413.714725) - Email: travellingcowboy@dodo.com.au