3 Simple Words



拍數: 48 牆數: 4 級數: Beginner

編舞者: Leong Mei Ling (MY) - August 2010

音樂: Grazie, Prego, Scusi - Dean Martin: (CD: Old Dogs Movie)



Intro: start on vocals

1&2 Step Right to right, step Left beside Right, step Right to side

3-4 Step/Rock Left back, recover to Right

6-8 Step Left to side, cross Right behind Left, step Left to side, step Right across Left

Sec 2: Shuffle Left, Back Rock, Step-Cross Behind, Step-Cross Over

1&2 Step Left to left, step Right beside Left, step Left to side

3-4 Step/Rock Right back, recover to Left

6-8 Step Right to side, cross Left behind Right, step Right to side, step Left across Right

Sec 3: 1/4 Right, Step-Point (2x), Cross, Back, Back-Lift/Kick

1-2 1/4 turn right stepping Right forward, point Left to left [3:00]

3-4 Step Left forward, p oint Right to right
5-6 Cross Right over Left, step Left back
7-8 Step Right back, lift/kick Left forward

Options: Instead of step-points for 1-4, you can opt to do: (a) Step-sweeps or (b) Step, lift legs back.

Sec 4: Back Step, Lift/Kick, Back Rock, 1/4 Left Large Step Right, Touch

1-2 Step Left back, lift/kick Right forward3-4 Rock back on Right, recover to Left

5-6 1/4 turn left taking a large step right with Right, hold [12:00]

7-8 Tap Left toe (2X) behind Right

Sec 5: Side Touches, Sways

1-2 Step Left to side, touch Right beside3-4 Step Right to side, touch Left beside

5-8 Sway Left, Right, Left, Right

Sec 6: Rocking Chair, 1/4 Left Jazz Box-Touch

1-2 Step Left forward, recover weight to Right3-4 Step Left back, recover weight to Right

5-6 Step Left across Right, 1/4 turn left stepping Right back [9:00]

7-8 Step Left to side, touch Right beside Left

ENDING (Wall 5): Dance up to Section 4 then dance the following to end.

Side-Touch, 1/4 Side-Touch (3x)

1-4 Step Left to side, touch Right beside, step Right to side, touch Left beside Right

5-8 1/4 turn left & repeat steps 1-4 [9:00]

9-12 Repeat steps 5-8 [6:00] 13-16 Repeat steps 5-8 [3:00]

Rocking Chair, 1/4 Left Jazz Box Brush, Rocking Chair, Jazz Box, Point

1-4 Rock Left forward, recover to Right, rock Left back, recover Right

5-6 Step Left across Right, 1/4 turn left stepping back on Right

7-8 Step Left to side, brush Right forward

1-4	Rock Right forward, recover to Left, rock Right back, recover Left
5&6&	Step Right across Left, step Left back, step Right to side, cross Left over Right
7-8	Point Right to side (for big finish!) :)