

Raise The Bar

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Harold Grimshaw (UK) - August 2010
音樂: Raise the Bar - Gord Bamford : (Album: Day Job)



Section 1: Monterey ¼ Right, Flick, Left Jazz Box, Scuff

1, 2 Touch RIGHT Toes to Right Side, (Pivot ¼ Right) Step RIGHT together
3, 4 Touch LEFT to Left Side, Flick LEFT foot forward
5, 6 Cross Step LEFT over Right, Step RIGHT back
7, 8 Step LEFT to Left Side, Scuff RIGHT over Left

Section 2: Right Jazz Box, Scuff, Heel Fwd., Hold, Toes Back, Hold

1, 2 Cross Step RIGHT over Left, Step LEFT back
3, 4 Step RIGHT to Right Side, Scuff LEFT forward
5, 6 Touch LEFT Heel forward, Hold
7, 8 Touch LEFT Toes back, Hold

Section 3: Rock Weight Back, Hold, Fwd., Hold, Back, Fwd., Back, Hold

1, 2 Rock Weight back onto LEFT, Hold
3, 4 Rock Weight forward onto RIGHT, Hold
5,6,7,8 Rock Weight BACK, FWD., BACK (LT. RT. LT.) Hold (Weight on Left)

Note: For Section 3 face diagonally forward left (rocking shoulders)

******* Restart here during 3rd wall (facing 9 o'clock)**

Section 4: Back Lock Step, Hold, Back Lock Step, Hold

1,2,3,4 Step RIGHT back, Lock Step LEFT over Right, Step RIGHT back, Hold
5,6,7,8 Step LEFT back, Lock Step RIGHT over Left, Step LEFT back, Hold

Section 5: Turn ¼ Rt., Touch, Side, Together, Turn ¼ Left, Touch, Side, Together

1, 2 Step RIGHT ¼ to Right, Touch LEFT together
3, 4 Step LEFT to Left Side, Step RIGHT together
5, 6 Step LEFT ¼ to Left, Touch RIGHT together
7, 8 Step RIGHT to Right Side, Step LEFT together

Section 6: Step Fwd. Right, Hold, Left, Hold, Full Turn Fwd., Hold

1,2,3,4 Step RIGHT fwd., Hold, Step LEFT fwd., Hold
5, 6 Make FULL TURN forward (Left) on RIGHT, LEFT
7, 8 Step RIGHT forward, Hold

Section 7: Mambo Forward, Hold, Mambo Back, Hold

1, 2 Step LEFT fwd., Rock Weight back onto RIGHT
3, 4 Step LEFT back, Hold
5, 6 Step RIGHT back, Rock Weight forward onto LEFT
7, 8 Step RIGHT forward, Hold

Section 8: Step/Pivot ½ Right, Step/Pivot ¼ Right, Left Vine ¼ Left, Touch

1, 2 Step LEFT forward, Pivot ½ RIGHT (weight on Right)
3, 4 Step LEFT forward, Pivot ¼ RIGHT (weight on Right)
5, 6 Step LEFT to Left Side, Step RIGHT behind Left
7, 8 Step LEFT ¼ to Left, Touch RIGHT together