

Duffy

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) - November 2010
音樂: Well, Well, Well - Duffy : (New Single 2010)



Intro 16 counts (8 sec)

Sec 1 [1-8] Back, Back, Back, Dip, Hip Bumps Back, Lock Step Fwd

- 1-2 Stepping back on Rf, Stepping back on Lf weight onto Lf (12:00)
- 3-4 Stepping back on Rf, dip on Rf holding weight onto Rf (Down)
- 5&6 Bump hips back, bump hips forward, bump hips back
- 7&8 Coming up and step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (12:00)

Sec 2 [9-16] 1/2 Pivot L, 3/4 Turn L, Side, Cross, Side, Sailor Kick with 1/4 Turn R

- 1-2 Step forward on Rf, making a 1/2 turn to left (6) take weight onto Lf
- 3-4 Making a 1/2 turn to left (12) step back on Rf, continue a 1/4 turn to left (9) step Lf to the left
- 5-6 Cross Rf over Lf, step Lf to the left weight onto Lf
- 7&8 Step Rf behind Lf, step Lf to the left, making a 1/4 turn right (12) kick forward on Rf (Sailor Kick)

Sec 3 [17-24] Replace, Fwd, 1/2 Turn L, Back, Continue a 1/2 turn L, Fwd, Continue 1/4 turn L, Side Sailor Step, Behind, 1/4 Turn L, Fwd, Fwd

- &1-2 Step Rf back in place, step forward on Lf, making a 1/2 turn to left (6) step back on Rf
- 3-4 Making a 1/2 turn to left (12) step forward on Lf, continue a 1/4 turn to left (9) step Rf to the right
- 5&6 Step Lf behind Rf, step Rf to the right, step Lf to the left weight onto Lf (Sailor)
- 7&8 Step Rf behind Lf, making a 1/4 turn to left (6) step forward on Lf, step forward on Rf weight onto Rf

Sec 4 [25-32] Rock Fwd / Recover, 1/4 Turn L, Chasse L with 1/4 Turn L, 1/2 Pivot L, Walk, Walk

- 1-2 Rock forward on Lf, recover on Rf
- 3&4 Making a 1/4 turn to left (3) step Lf to the left, step Rf beside Lf, making a 1/4 turn to left (12) step forward on Lf
- 5-6 Step forward on Rf, making a 1/2 turn left (6) take weight onto Lf
- 7-8 Stepping forward on Rf, stepping forward on Lf weight onto Lf (6:00)

Sec 5 [33-40] Diagonal Hip Bumps Fwd, Kick Ball Step, Diagonal Hip Bumps Fwd, Out, Out

- 1-2 Point Rf diagonally forward and bumping hips forward, bump hips forward holding weight onto Lf
- 3&4 Kick forward on Rf, step Rf back in place (Ball), step forward on Lf
- 5-6 Point Rf diagonally forward and bumping hips forward, bump hips forward holding weight onto Lf
- 7&8 Kick forward on Rf, step Rf out to the right, step Lf out to the left take weight onto both feet (6:00)

Restart ## Restart Here WALL2 after 40 count (Facing 3 O'clock)

Sec 6 [41-48] Cross Jazz Box with 1/4 Turn R, Together, Out, Out, Back, Together

- 1-2 Cross Rf over Lf, making a 1/4 turn to right (9) step back on Lf weight onto Lf
- 3-4 Step Rf to the right, step Lf beside Rf weight onto both feet ## Restart ##
- 5-6 Step Rf out to the right, step Lf out to the Left
- 7-8 Step Rf back, step Lf beside Rf weight onto both feet (9:00)

Restart Here WALL 4 after 44 count (Facing 9 O'clock)

Start Again

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