

Dance For Me

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK) - January 2011
音樂: Doin' It - Pauline Högberg : (CD: Best Of Fame Factory)



16 count intro from heavy beat, or 24 counts from start

Section 1: Kick Ball Point, Ball Step, Pivot 1/2, Kick Ball Step, Step & Hip Bumps

- 1 & 2 Kick right forward. Step right beside left. Point left to left side.
- & Step left beside right.
- 3 – 4 Step right slightly forward. Pivot 1/2 left sitting into turn so weight ends on right.
- 5 & 6 Kick left forward. Step left beside right. Step right forward.
- 7 & Step left slightly forward to left diagonal and bump hips forward. Bump hips back.
- 8 Bump hips forward (weight ends on left). (6:00)

Section 2: Forward Mambo, 1/4 Turn Sweep into Coaster Cross, Hitch Ball Cross x 2

- 1 & 2 Rock forward on right. Rock back on left. Step right back.
- 3 & Sweep step left behind right making 1/4 turn left. Step right beside left.
- 4 Cross left over right. (3:00)
- 5 & 6 Hitch right knee. Step right to right side. Cross left over right.
- 7 & 8 Hitch right knee. Step right to right side. Cross left over right.

Restarts - Walls 4 and 9: Restart dance again from beginning at this point.
(Wall 4: restart point faces front wall) (Wall 9: restart point faces back wall)

Section 3: Syncopated Side Rock, Syncopated Weave, Forward Rock, 1/2 Turn & Step x 2

- 1 & Rock right to right side. Recover onto left.
- 2 & Cross right behind left. Step left to left side.
- 3 & Cross right over left. Step left to left side.
- 4 & Cross right behind left. Step left to left side.
- 5 – 6 Rock forward on right. Recover onto left.
- & 7 Making 1/2 turn right step right forward. Step left beside right. (9:00)
- & 8 Step right forward. Step left forward.

Section 4: Forward Rock, Ball, Step Back, Back, 1/4 Turn Heel Ball Touches x 2

- 1 – 2 Rock forward on right. Recover onto left.
- & 3 – 4 Step right back. Step left back. Step right back.
- 5 & Touch left heel forward. Making 1/8 turn left step left back.
- 6 & Turning 1/8 left touch right beside left. Turning 1/8 left step right back.
- 7 & 8 Touch left heel forward. Turning 1/8 left step left back. Touch right beside left. (3:00)

Tag End of Wall 7: Dance 4 count Tag to bring you to front wall to start Wall 8

- 1 – 2 Rock forward on right. Recover onto left.
- & 3 – 4 Making 1/4 turn right step right to side. Step left forward. Touch right beside left.

Ending Dance finishes facing front: On the & count, step left beside right, then stomp right forward and throw arms into the air, striking a pose!

Tag/Restarts: One easy Tag, 2 Restarts (all during instrumental parts of track)