Steady Steady Pom Pee Pee

拍數: 48   牆數: 2   級數: Easy Intermediate

編舞者: Chee Kiang Lim (SG) - February 2011

音樂: Still Steady - Sheikh Haikel

16 counts intro from "Let's Rock"

SIDE ROCK, BACK (SIT), HEAD TURNS, RECOVER, WALK, STEP TURN STEP

1&2	Rock R to right, recover on L, step back and sit on R
3&4	Turn head over right shoulder, look front and recover on L
5&6	Quick walk on R, L, R
7&8	Step L forward, pivot half turn right, step L forward [6]

SIDE ROCK STEP (X2), POP KNEES OUT-IN, STEP TURN STEP

1&2	Rock R to right, recover on L, step R besides L
3&4	Rock L to left, recover on R, step L besides R
5&6	Pop both knees outward and recover inwards
7&8	Step R forwad, pivot half turn left, step R forward [12]

STEP OUT-OUT, TRIPLE STEPS, STEP OUT-OUT, TRIPLE STEPS

1-2	Step diagonally forward on L, R (Out-Out)
3&4	Triple steps back on L,R,L
5-6	Step diagonally back on R, L (Out-Out)
7&8	Triple steps forward on R,L,R

PIVOT 1/ 4 TURN CROSS, 3/ 4 TURN FORWARD, TAP TAP STEPS

1&2	Step L forward, pivot 1/ 4 turn right, cross L over R
3&4	Turn 1/ 4 turn left and step back on R, turn 1/ 2 turn left & step forward on L, R
5&6	Tap L diagonally forward twice and step on L
7&8	Tap R diagonally forward twice and step on R (*) [6]

BOX TURNS WITH STEP & HEEL LIFT (X4)

1-2	Turn 1/ 4 right and step L to side, sit on L while lifting R heel
3-4	Step R in place and turn 1/ 4 turn right, sit on R while lifting L heel to left
5-6	Repeat steps 1-2
7-8	Repeat steps 3-4 [6]

(Styling : Arms folded while doing the box turns)

CROSS BACK BACK (X2), STEP OUT-OUT, TRIPLE STEPS

1&2	Cross L over R, step back on R, L
3&4	Cross R over L, step back on L, R
5-6	Step diagonally forward on L, R (Out-Out)
7&8	Triple step back on L, R, L

(Repeat)

* Restarts after 32 counts at Wall 3, 5, 7, 8 :
Change : 7&8 Tap Tap Step to 7-8 Step R to right, step L besides R

Contact: Email : monack@singnet.com.sg

Music available from: www.sheikhhaikel.com