

In A Song

拍數: 56 牆數: 2 級數: Phrased Intermediate
編舞者: Steffie ROBERT (FR) - February 2011
音樂: Put You in a Song - Keith Urban : (CD: Get Closer)



Intro: 4x8 counts.

Sequence: A A - B B - B restart (16c) - A A - B B - B restart (12c) - A A - B B - break - B B - end

A1: R. Side Step, Vaudeville, Kick Ball Step, 1/2 Left Turn

1 Right Step to the Side
2&3 Cross L behind R, Step R to side, Dig L heel diagonally forward
&4&5 Step L together, cross R over L, Step L to side, Dig R heel diagonally forward
&6& Step right together, L. Kick, Step onto ball of L together
7&8 Step turn : R Step forward (7), ½ pivot turn to the L(8) (lift heels on the count &)

A2: Kick Ball Step X2, Slow Full Turn To The L. With Light Toe Struts

1&2 Right Kick ball step
3&4 Right Kick ball step
5-6 Turn ¼ R and Step on ball of R to side, Turn ¼ R and drop R heel
7-8 Turn ¼ R and Step on ball of L to side, Turn ¼ R and drop L heel
(5-8 wave your body)

A3: R Rock Fw, R Triple Step Bw, ½ L Turn, R Triple Step Fw, Out Out, Hold

1-2 Right rock step forward, Recover to left
3&4 Right Triple Step backward stepping right, left, right
&5&6 ½ turn left and left triple step forward stepping left, right, left
&7-8 Step right to side "out", Step left to side "out", hold

A4: Aright & Left Sailor Steps, 1/2 Left Step Turn With Hip Bumps

1&2 Right Sailor step
3&4 Left Sailor step
5-8 Step turn : Right Step forward, pivot ½ turn left bending knees and light hip bumps on counts
&6&7&8 (R, L, R, L, R, L) and light shimmies

B1: Syncopated R & L Forward Rocks, L Back Shuffle, Out Out, Hold

1-2 Right rock step forward, Recover to left
&3-4 Step right together, left rock step forward, Recover to right
5&6 Left Triple Step backward stepping left, right, left
&7-8 Step right to side "out", Step left to side "out", hold (roll hips)

RESTART 2: Make 2nd restart here after ADDING a 4 count jazz box as following:

&9-12 Step L together, cross R over L, Step L back, Step R to side, cross L over R

B2: Cross Shuffle, Left Rock Step, Cross Shuffle, Toe Switches

1&2 Cross Triple Step to the left (stepping right, left, right)
3-4 Rock left to side, recover to right
5&6 Cross Triple Step to the right (stepping left, right, left)
7&8& Point Right to side, Step right together, Point left to side, Step left together

RESTART 1: Make first restart here

B3: Monterey 1/2 Turn, Point, Heel, Point And Twist Turn

1-2 Point Right to side, turn ½ right and step right together
3&4& Point L to side, step L together, touch R heel forward, step R together

5&6 Point L to side, step L together, cross right over left
7-8 unwind making a full turn to the left (Wt left)

BREAK: During the break, you can switch Right toe touches forward and together following the music as if hesitating before starting part B again.

ENDING: The ending is at the same place as the 1st restart. Out - out & cross R over L - unwind full turn (= slow twist turn)
