

Please Don't Tease

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Yeo Yu Puay (MY) - March 2011
音樂: Please Don't Tease - Cliff Richard : (Album: The Hit List Disc 2)



Intro: 16 beats

[1-8] Side shuffle, Back Rock (R & L)

1&2 Step R to right(1), Step L beside R(&), Step R to right(2)
3-4 Rock L back(3), Recover weight onto R(4)
5&6 Step L to left(5), Step R beside L(&), Step L to left(6)
7-8 Rock R back(7), Recover weight onto L(8)

[9-16] Half turning shuffle, Back Rock, 2 kick ball changes

1&2 Shuffle forward R(1) L(&) R(2) turning a gradual ½ left
3-4 Rock L back(3), Recover weight onto R(4)
5&6 Kick L forward(5), Step L beside R(&), Step R beside L(6)
7&8 Repeat 5&6

[17-24] Side Shuffle, Back Rock (L & R)

1&2 Step L to left(1), Step R beside L(&), Step L to left(2)
3-4 Rock R back(3), Recover weight onto L(4)
5&6 Step R to right(5), Step L beside R(&), Step R to right(6)
7-8 Rock L back(7), Recover weight onto R(8)

[25-32] Half turning shuffle, Back rock, 2 kick ball changes

1-2 Shuffle forward L(1) R(&) L(2) turning a gradually ½ right
3-4 Rock R back(3), Recover weight onto L(4)
5-6 Kick R forward(5), Step R beside L(&), Step L beside R(6)
7-8 Repeat 5&6

[33-40] Forward shuffle, Half pivot (2x)

1&2 Step R forward(1), Step L beside R(&), Step R forward(2)
3-4 Step L forward(3), Turn ½ right shifting weight to R(4)
5&6 Step L forward(5), Step R beside L(&), Step L forward(6)
7-8 Step R forward(7), Turn ½ left shifting weight to L(8)

[41-48] Jazz Box (toe struts)

1-2 Touch R toe across L(1), Step down on R(2)
3-4 Touch L toe back(3), Step down on L(4)
5-6 Touch R toe to right(5), Step down on R(6)
7-8 Touch L toe beside R(7), Step down on L(8)

[49-56] Out out, Hold, Hip bumps

&1 Step R to right(&), Step L to left(1) (keep weight on R)
2-4 Hold (2-4)
5-6 Bump hips to L(5), Hold (6)
7-8 Bump hips to R(7), Hold (8) (make sure weight ends on R)

[57-64] Forward shuffles (L & R), ½ Pivot, Toe Strut

1&2 Step L forward(1), Step R beside L(&), Step L forward(2)
3&4 Step R forward(3), Step L beside R(&), Step R forward(4)

5-6 Step L forward(5), Turn ½ right shifting weight to R(6)
7-8 Touch L toe beside R(7), Step down on L(8)

Start again!

TAG – do this on after walls 2 and 4 (both times facing 12 o'clock)

[1-8] Side Together Side Touch (R & L) with hands

1-2 Step R to right(1), Step L beside R(2)
3-4 Step R to right(3), Touch L beside R(4)
5-6 Step L to left(5), Step R beside L(6)
7-8 Step L to left(7), Touch R beside R(8)

As you do these 8 beats, roll your forearms forward one over the other

[9-16] Rocking Chair, 2 Half Pivots

1-2 Rock R forward(1), Recover weight onto L(2)
3-4 Rock R back(3), Recover weight onto L(4)
5-6 Step R forward(5), Turn ½ left shifting weight onto L(6)
7-8 Step R forward(7), Turn ½ left shifting weight onto L(8)

[17-24] Repeat 1-8

[25-32] Out Out Hold, Hip roll, Shimmy

& 1-2 Step R to right(&), Step L to left(1) (weight on R), Hold(2)
3-6 Roll hip one circle anti-clockwise with weight ending on R
7-8 Shimmy, moving weight from R to L

Have fun!

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