

My Paycheck

拍數: 48 牆數: 4 級數: Phrased Improver
編舞者: Ria Vos (NL) - March 2011
音樂: Everything's Going Up - Mel Waiters : (Album: I Ain't Gone Do It)



Intro: 32 counts. (A:32 counts, B:16 counts)

Phrasing: A, A, B, B, B, B, A, A, B, B, B, B, A, B, B, B, A, A, B, B (till end of music)

Part A:

Side, Together, Chasse R, Cross Rock, Ball-Cross, Side

1-2 Step R to Right Side, Step L Next to R
3&4 Step R to Right Side, Step L next to R, Step R to Right Side
5-6 Cross Rock L Over R, Recover on L
&7-8 Step on Ball of L Next to R, Cross R Over L, Step L to Left Side

Behind, Point, Cross, Point, Syncopated Jazz-Box Cross ¼ Turn R, Scuff

1-2 Step R Behind L, Point L to Left Side
3-4 Cross L Over R, Point R to Right Side
5-6 Cross R Over L, ¼ Turn Right Step Back on L
&7-8 Step R to Right Side, Cross L Over R, Scuff L Next to R

Chasse R, Rock Back, ¼ Turn R Chasse L, Rock Back

1&2 Step R to Right Side, Step L Next to R, Step R to Right Side
3-4 Rock Back on L, Recover on R
3&4 ¼ Turn Right Step L to Left Side, Step R Next to L, Step L to Left Side
5-6 Rock Back on R, Recover on L

Side, Touch, Side-Together-Side (Turning ¼ L), Touch, Kick-Ball-Cross

1-2 Step R to Right Side, Touch L Next to R
3-4 Step L to Left Side, Step R Next to L (Start Turning ¼ Left)
5-6 Step L to Left Side, Touch R Next to Left (Finish ¼ Turn Left)
7&8 Kick R Fwd, Step on Ball of R Next to L, Cross L Over R

(Note: On Counts 3-6 gradually Turn ¼ Turn Left)

Part B: Happens everytime he sings: "Everything..."

(This part is danced 4x, so you come back to the same wall where you started part B)

Side, Together, Walk Fwd x2, Kick Fwd, Step Back, Point Back, Step Fwd

1-2 Step R to Right Side, step L Next to R
3-4 Step Fwd on R, Step Fwd on L
5-6 Kick R Fwd, Step Back on R
7-8 Point L Toe Backwards, Step Fwd on L

Pivot ¼ Turn L, Cross Shuffle, ½ Hinge Turn R, Cross Shuffle

1-2 Step Fwd on R, Pivot ¼ Turn Left
3&4 Cross R Over L, Step L to Left Side, Cross R Over L
5-6 ¼ Turn Right Step Back on L, ¼ Turn Right step R to Right Side
7&8 Cross L Over R, Step R to Right Side, Cross L Over R