

East L A

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) - May 2011
音樂: Americano - Lady Gaga : (CD: Born This Way)



Start the Intro after 23 seconds. On the first heavy beat.

The 52 Count intro is danced only once at the beginning of the song.

Intro - Danced (52 Counts)

Jazz box.

1, 2, 3, 4 Cross step R over L. Step back on L. Step R to right side. Step forward on L.

Step Forward, Touch, Step Forward, Touch, Step Back, Touch, Step Back, Touch.

1, 2, 3, 4 Step forward on R. Touch L toe out to Left side. Step forward on L. Touch R toe out to Right side.

5, 6, 7, 8 Step back on R. Touch L toe out to Left side. Step back on L. Touch R toe out to Right side.

Reverse Rocking Chair, Coaster Step, Step Forward, Pivot ½ Turn Right.

1, 2, 3, 4 Rock back on R. Recover onto L. Rock forward on R. Recover onto L.

5 & 6 Step back on R. Step L next to R. Step forward on R.

7 - 8 Step forward on L. Pivot ½ turn Right. 6 o'clock.

Step Forward, Touch, Step Forward, Touch, Step Back, Touch, Step Back, Touch.

1, 2, 3, 4 Step forward on L. Touch R toe out to Right side. Step forward on R. Touch L toe out to Left side.

5, 6, 7, 8 Step back on L. Touch R toe out to Right side. Step back on R. Touch L toe out to Left side.

Reverse Rocking Chair, Coaster Step, Step Forward, Pivot ½ Turn Left.

1, 2, 3, 4 Rock back on L. Recover onto R. Rock forward on L. Recover onto R.

5 & 6 Step back on L. Step R next to L. Step forward on L.

7 - 8 Step forward on R. Pivot ½ turn Left. 12 o'clock.

Step Forward, Pivot ½ Turn Left x 2.

1, 2, 3, 4 Step forward on R. Pivot ½ turn Left. Step forward on R. Pivot ½ turn Left.

Step Forward, Touch, Step Forward, Touch, Step Back, Touch, Step Back, Touch.

1, 2, 3, 4 Step forward on R. Touch L toe out to Left side. Step forward on L. Touch R toe out to Right side.

5, 6, 7, 8 Step back on R. Touch L toe out to Left side. Step back on L. Touch R toe out to Right side.

Rock Back, Walk Forward x 2

1, 2, 3, 4 Rock back on R. Recover onto L. Walk forward on R, L. 12 o'clock.

Start the main dance!

This may seem like a lot of counts but it's easy and repetitive!

East L A - Main Dance

Kick Ball Step x 2, Rock Forward, Recover, Shuffle ½ Turn Right.

1 & 2 Kick R forward. Step down on ball of R. Step forward on L.

3 & 4 Kick R forward. Step down on ball of R. Step forward on L.

5 - 6 Rock forward on R. Recover on L.

7 & 8 Turn 1/4 Right stepping R to Right side. Step L next to R. Turn 1/4 Right stepping forward on R.

Step, Pivot 1/2 Turn Right, Step Forward, Turn 1/2 Left, Turn 1/4 Left With Side Rock, Cross Shuffle.

1 - 2 Step forward on L. Pivot 1/2 Turn Right.
3 - 4 Step forward on L. Turn 1/2 Left stepping back on R.
5 - 6 Turn 1/4 Left rocking out to Left side on L. Recover onto R. 3 o'clock.
7 & 8 Cross step L over R. Step R to Right side. Cross step L over R.

Step Right, Together, Cross Shuffle, Hitch Ball Cross, Step Back, Step Right.

1 - 2 Step R out to Right side. Step L next to R.
3 & 4 Cross step R over L. Step L to Left side. Cross step R over L.
5 & 6 Hitch L knee up. Step down on ball of L. Cross step R over L.
7 - 8 Step back on L. Step R out to Right side.

Heel Grind, Step Right, Sailor Step With Side Kick, Sailor Step, Sailor Step With 1/4 Turn Left.

1 - 2 Dig L heel across R. Grind L heel turning toes to the Left while stepping R to Right side.
3 & 4 Cross step L behind R. Step R to R side. Step L in place while kicking R out to Right side.
5 & 6 Cross step R behind L. Step L to Left side. Step R in place.
7 & 8 Cross step L behind R. Turn 1/4 Left stepping R in place. Step forward on L and slightly across R.

Weave Right, Triple Full Turn Left, Scuff Hitch Step Back.

1 2&3 4 Step R to Right side. Cross step L behind R. Step R to R side. Cross step L over R. Step R to Right side.
5 & 6 On the spot full turn Left stepping on L, R, L. 12 o'clock.
7 & 8 Scuff R foot forward, Hitch R knee up, Step back on R.

Shuffle 1/2 Turn Left, Step Forward, Swivel Heels, Coaster Heel, Coaster Step.

1 & 2 Turn 1/4 Left stepping L to Left side. Step R next to L. Turn 1/4 Left stepping forward on L. 6 o'clock.
3 & 4 Step forward on R. Swivel both heels out to the sides. Swivel heels in.
5 & 6 Step back on R. Step L next to R. Dig R heel forward.
7 & 8 Step back on R. Step L next to R. Step forward on R.

Rock Forward, Recover, Shuffle 1/2 Turn Left, Right Diagonal Lock Step, Left Diagonal Lock Step.

1 2 Rock forward on L. Recover on R.
3 & 4 Turn 1/4 Left stepping L to L side. Step R next to L. Turn 1/4 Left stepping forward on L. 12 o'clock.
5 & 6 Facing Right diagonal step forward on R. Lock step L behind R. Step forward on R.
7 & 8 Facing Left diagonal step forward on L. Lock step R behind L. Step forward on L.

Step Out, Out, Back, Together, Step Forward, Pivot 1/2 Turn Left, Step Forward, Pivot 1/4 Turn Left.

1 - 2 Step forward and out to Right side on R. Step forward and out to Left side on L.
Optional arms: While stepping Right push hands up to Right diagonal. Then Left diagonal when stepping Left.
3 - 4 Step back on R. Step L next to R
Optional arms: While stepping back on R push hands down to Right diagonal. Then Left diagonal.
5 - 6 Step forward on R. Pivot 1/2 Turn Left.
7 - 8 Step forward on R. Pivot 1/4 turn Left. 3 o'clock.

Start again!

Ending: During wall 7 dance the first 32 counts, there is 1 count left, you will be facing back wall: Just pivot 1/2 turn Left on L stepping R out to Right side throwing arms in the air!!!

