

55 Ford

拍數: 64 牆數: 2 級數: Improver
編舞者: Debbie Ellis (ES) - May 2011
音樂: 55 Ford - The Refreshments



Intro - Start on vocals

Toe Struts Diagonally Forward (Angling body to left diagonal)

- 1 - 2 Touch Right toe forward, put weight down on to Right foot.
- 3 - 4 Cross touch Left toe over Right, put weight down on to Left foot.
- 5 - 6 Touch Right toe forward, put weight down on to Right foot.
- 7 - 8 Cross touch Left toe over Right, put weight down on to Left foot.

Kick, Kick, Toe Struts Diagonally Back (Straighten up to front wall)

- 1 - 2 Kick Right forward twice
- ### (Angling body to right diagonal)
- 3 - 4 Touch Right toe back, put weight down on to Right foot.
 - 5 - 6 Cross touch Left toe over Right, put weight down on to Left foot.
 - 7 - 8 Touch Right toe back, put weight down on to Right foot.

Side, Touch, Side, Touch, Chasse Left (Straighten up to front wall)

- 1 - 2 Step Left to Left side, touch right beside Left. (Clap)
- 3 - 4 Step Right to Right side, touch Left beside Right. (Clap)
- 5 - 8 Step Left to Left side, close Right beside Left, step Left to Left side, touch Right beside Left.

Side, Touch, Side, Touch, Chasse Right

- 1 - 2 Step Right to Right side, touch Left beside Right. (Clap)
- 3 - 4 Step Left to Left side, touch Right beside Left. (Clap)
- 5 - 8 Step right to Right side, close Left beside Right, step Right to Right side, touch Left beside Right.

Slow Jazz box making ¼ Turn Left

- 1 - 2 Cross Left over Right, HOLD (optional click of fingers to Left side).
- 3 - 4 Step Right back, HOLD (Optional click of fingers to Right side).
- 5 - 6 Step Left to Left side making a ¼ turn Left, HOLD.
- 7 - 8 Touch Right beside Left, HOLD. (Option - 2 stomps)

Toe, Heel, Toe, Kick, Behind, Side, Cross

- 1 - 2 Touch Right toe next to Left, (knee turned in), Touch Right heel next to Left, (knee turned out).
- 3 - 4 Touch Right toe next to Left (knee turned in), kick Right to Right diagonal.
- 5 - 8 Step Right behind Left, step Left to Left side, cross Right over Left, HOLD.

Counts 1 - 4 are Dwight steps and they should travel slightly to the Right).

Diagonal Lock Step Forward, Hold, Diagonal Lock Step Forward, Hold

- 1 - 4 Step Left diagonally forward, lock Right behind Left, step Left diagonally forward, HOLD.
- 5 - 8 Step Right diagonally forward, lock Left behind Right, step Right diagonally forward, HOLD.

Mambo ¼ Turn, Hitch, Turn, Hitch, Turn, Touch.

- 1 - 2 Rock forward on Left, Recover on Right.

- 3 - 4 Step Left to Left side making a $\frac{1}{4}$ turn Left, hitch Right.
- 5 - 6 Make a $\frac{1}{2}$ turn Left stepping Right to side, hitch Left.
- 7 - 8 Make a $\frac{1}{2}$ turn Left stepping , touch Right next to Left.

Start Again and have fun xx
