

Footsteps

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Nicola Lafferty (UK) & Rachael McEnaney (USA) - October 2011
音樂: Footsteps (feat. Wayne Rodriguez) - Machel Montano & Xtatik



Count In: 32 counts from when first heavy beat kicks in (Approx 143bpm)

Notes: There is 1 restart on the 5th wall. Start 5th wall facing 12.00, do the first 32 counts of dance & then restart facing 12.00

[1 – 8] Touch R, step R, Touch L, step L, R jazz box with ¼ turn R.

1, 2, 3, 4 Touch right foot to right diagonal (1), step in place on right (2), touch left foot to left diagonal (3), step in place on left (4)

Styling: Make the touch with the whole of the foot so it almost looks like a stomp, as you touch pull opposite arm down as if pulling a chain in a 'pumping' action. 12.00

5, 6, 7, 8 Cross right over left (5), begin making ¼ turn right stepping back on left (6), complete ¼ turn stepping right to right side (7), step slightly forward on left (8) 3.00

[9 – 16] Touch R, step R, touch L, step L, R jazz box with ¼ turn R chasse.

1, 2, 3, 4 REPEAT COUNTS 1 – 4 as above. 3.00

5, 6, 7 & 8 Cross right over left (5), begin making ¼ turn right stepping back on left (6), complete ¼ turn right stepping right to right side (7), step left next to right (&), step right to right side (8) 6.00

[17 – 24] L cross rock, L chasse, R cross rock, R chasse with ¼ turn R.

1, 2, 3 & 4 Cross rock left over right (1), recover weight onto right (2), step left to left side (3), step right next to left (&), step left to left side (4) 6.00

5 - 6 Cross rock right over left (5), recover weight onto left (6), 6.00

7 & 8 Step right to right side (7), step left next to right (&), make ¼ turn right stepping forward on right (8) 9.00

[25 - 32] Syncopated shuffle to L diagonal with claps, Rolling vine with ¼ turn R (or grapevine)

1, 2, & 3, 4 Step left forward to left diagonal (1), clap hands (2), step right next to left (&), step left forward to left diagonal (3), touch right next to left as you clap hands (4) 9.00

5, 6, 7, 8 Make ¼ turn right stepping forward on right (5), make ½ turn right stepping back on left (6), make ½ turn right stepping forward on right (7), step forward on left (8)

Easy option: Step right to right side (5), cross left behind right (6), make ¼ turn right stepping forward on right (7), step forward left (8) 12.00

RESTART HERE ON 5th WALL, you will be facing 12.00 to restart

[33 – 40] Stomp out R, stomp out L, heel toe swivels in, R side rock, ¼ sailor step R

1 - 2 Stomp right foot forward to right diagonal (1), stomp left foot out to left side (2) 12.00

3 & 4 Swivel both heels in towards each other (3), swivel both toes in towards each other (&), swivel both heels in towards each other (4) 12.00

5 - 6 Rock right to right side (5), recover weight onto left (6) 12.00

7 & 8 Cross right behind left (7), make ¼ turn right stepping left next to right (&), step forward on right (8) 3.00

[41 – 48] Kick L, step back L, look back to L bending L knee, recover weight R - repeat

1, 2, 3, 4 Kick left foot forward (1), step back on left (turn left foot out) (2), bend left knee as you look ¼ turn to left (3), recover weight onto right returning body to 3.00 (4) 3.00

5, 6, 7, 8 Repeat above counts 1 – 4 3.00

[49 – 56] Step L, ¼ pivot R, L cross shuffle, R side rock with ¼ turn L, R shuffle forward

1, 2, 3 & 4 Step forward on left (1), pivot ¼ turn right (2), cross left over right (3), step right to right side (&), cross left over right (4) 6.00

5, 6, 7 & 8 Rock right to right side (5), make ¼ turn left as you recover weight onto left (6), step forward on right (7), step left next to right (&), step forward on right (8) 3.00

[57 – 64] Syncopated step touches travelling forward.

& 1 2 Step diagonally forward on left (&), touch right next to left (1), hold (2) 3.00

& 3 4 Step diagonally forward on right (&), touch left next to right (3), hold (4) 3.00

& 5 & 6 Step diagonally forward on left (&), touch right next to left (5), step diagonally forward on right (&), touch left next to right (6) 3.00

& 7 (&) 8 Step diagonally forward on left (&), touch right next to left (7), OPTION: Either hold on count 8, or lift heels off floor (&), return (8) 3.00

Styling: Pitch upper body slightly foot, push hip into weighted foot, as you touch bring opposite arm forward almost like running

Contacts:

Nicola: www.worlddancemasters.com - Nicola@worlddancemasters.com

Rachael: www.dancejam.co.uk - Rachaeldance@me.com - Tel: 07968 181933
