

Bring Me Laughter

拍數: 32 牆數: 4 級數: Improver
編舞者: Tracey Bryant (UK) - November 2011
音樂: Bring Me Sunshine - Morecambe & Wise : (Album: EMI Comedy: Classic
Morecambe and Wise - Songs and Sketches)



Starts: 5 secs, on vocals

Morecambe and Wise Skips: Hop forward right and hop forward left

1&2 Hop forward on the right and at the same time lift back left leg up (As you hop forward bring right hand behind head) Hop forward on the left and at the same time lift back right leg up (As you hop bring your left hand behind head)

Sway to the right and sway to the left

3&4 Place right foot down, straight into a sway to the right (sway both hands to the right) Then sway to the left side (sway both hands to the left)

Full turn to the right

5&6 Turn a full turn to the right

Right Charleston Step

7, 8 Step forward on the left leg and kick the right leg forward
9, 10 Step the right leg back and step the left leg back

Step forward on the left and quarter turn to the right

11, 12 Step forward on the left (click your fingers at the same time) and quarter turn right swivel on your right foot and recover on the right foot (click your fingers as you recover on the right foot)

Quick weave to the right

13&14 Cross left foot in front of right, then step right foot to the side
15&16 Cross left behind right, then right foot to the side
17&18 Cross left foot in front of right, then step right foot to the side
19&20 Cross left foot behind right, then step right foot to the side

Rock back curtsey step right and rock back curtsey step left

21&22 Straight into: rock back with the left foot behind right then step left foot to the side (Swing both hands to the right as you rock back) Rock back with the right foot behind left, then step right foot to the side (swing both hands to the left as you rock back)

Diagonal cross step to the right and to the left

23&24 Cross left foot in front over right and bring right foot back in place (At the same time use both hands to make a sunshine movements both hands spread out, in and out) Cross right foot in front of left and then bring left foot back in place (At the same time use both hands to make a sunshine movements both hands spread out, in and out)

Shadow step to the left

25,26,27 Cross right foot over left, step back on the left, then place right to right side

Shadow step to the right

28, 29, 30 Cross left over right step back on the right, then put left foot back in place

Left heel forward

31, 32 Place left heel forward and step left foot back in place

Start Again - Have fun and hope it brings you some laughter x.
