

拍數: 32 牆數: 2 級數: Improver / Intermediate
編舞者: Colin B Smith (UK) & Roz Chaplin (UK) - January 2012
音樂: A.S.A.P - The Refreshments : (CD: Collection)



KICK X 2, SAILOR STEP, KICK, TURN, COASTER STEP

1-2 Kick right forward, kick right to right side
3&4 Step right behind left, step left to left side, step right to right side
5-6 Kick left forward, turn ¼ left kicking left forward (09.00)
7&8 Step left back, step right beside left, step left forward

KICK BALL CHANGE X2, ROCK, RECOVER, FULL TURN

1&2 Kick right foot forward, step right beside left, step left beside right
3&4 Kick right foot forward, step right beside left, step left beside right
5-6 Rock forward on the right, recover onto the left
7-8 Make ½ turn to right stepping right forward, make ½ turn to right stepping left back

Easy Option: Walk back right, left

½ TURN SHUFFLE, ROCKING CHAIR, KICK & POINT

1&2 Make ½ turn to right stepping right, left, right (03.00)
3-4 Rock left forward, recover onto right
5-6 Rock left back, recover onto right
7&8 Kick left forward, step left beside right, point right to right

JAZZ BOX, ¼ CHASSE TURN, TOE STRUT, STOMP, KICK

1-2 Cross right over left, step back on left
3&4 ¼ turn right stepping right, left, right
5-6 Step left toe back, drop left heel taking weight
7-8 Stomp right foot forward, kick right foot forward

TAG. AT THE END OF WALLS 4 & 8, DANCE THIS 16 COUNT TAG, THEN START THE WHOLE DANCE AGAIN

Sailor Step X 2. Touch, Unwind ½ Turn, Pivot ½ Turn, Syncopated Kick & Points, Heel Drops.

1&2 Step right behind left, step left to left side, step right to right side
3&4 Step left behind right, step right to right side, step left to left side
5-6 Touch right toe back, unwind ½ turn to right
7-8 Step left forward, pivot ½ turn to right

1&2& Kick left forward, step left beside right, point right to right side, step right next to left
3&4 Point left to left side, step left beside right, point right toe to right side
5,6,7,8 Drop right heel 4 times

Dance & Enjoy with a Smile