Should Be Dancing

拍數: 64

級數: Intermediate

編舞者: Bronya Bishorek (MY) - 2009

音樂: You Should Be Dancing - Bee Gees

Moves : ACW

S1: WALK FORWARD HITCH, WALK BACKWARD, ½ TURN L & POINT

- 1-3 Walk forward RF, LF, RF
- 4 Hitch L knee and point R hand to the sky
- 5-7 Walk backward LF, RF, ¼ turn L & step LF to L [9:00]
- 8 ¼ pivot turn L and point RF to R [6:00]

S2: WALK FORWARD HITCH, WALK BACKWARD, ½ TURN L & POINT

- 1-3 Walk forward RF, LF, RF
- 4 Hitch L knee and point R hand to the sky
- 5-7 Walk backward LF, RF, ¼ turn L & step LF to L [3:00]
- 8 ¹/₄ pivot turn L and point RF to R [12:00]

S3: GRAPEVINE R, POINT, GRAPEVINE L, POINT

- 1-4 Step RF to R, cross LF behind RF, step RF to R, point LF to L & point RH up
- 5-8 Step LF to L, cross RF behind LF, step LF to L, point RF to R & point LH up

S4: 3 POINT TURN R, CLAP, 3 POINT TURN L, CLAP

- 1-3 ¹/₄ turn R step RF f/wd, ¹/₄ turn R step LF to L, ¹/₂ turn R step RF to R
- 4 Point LF to L & clap your hands near your R shoulder
- 5-7 1/4 turn L step LF f/wd, 1/4 turn L step RF to R, 1/2 turn L step LF to L
- 8 Point RF to R & clap your hands near your L shoulder

S5: TRAVOLTA SWIVEL R

- 1-2 With weight on balls of both feet, swivel your toes to the R while pointing your RH up, then swivel your toes to the L while pointing your RF down and across your body. Place your LH on your L hip during this move.
- 3-8 REPEAT THE MOVES ABOVE

S6: DISCO DUCK - 16 COUNTS (Yes, you flap your elbows like a duck,

Alternatively you can roll your fist in front of your body, another Travolta move!)

- 1-2 Step RF f/wd, tap LF next to R (flap your elbows twice)
- 3-4 Step LF b/wd, tap RF next to L
- 5-6 ¼ turn R & step RF f/wd, tap LF next to R [3:00]
- 7-8 Step LF b/wd, tap RF next to L

S7: 9-16 REPEAT THE WHOLE SEQUENCE AND FINISH AT 9:00

S8: WALK FORWARD, STEP WIDE, WALK BACK, STEP WIDE

- 1-2 Walk forward RF, LF
- 3-4 Step RF to R, step LF to L
- 5-6 Walk back RF, LF
- 7-8 Step RF to R, step LF to L

START AGAIN!

Note : Think John Travolta thoughts and you'll be fantastic !





牆數:4