

Teresa

拍數: 32 牆數: 4 級數: Intermediate - Jive / Lilt
編舞者: Bronya Bishorek (MY) - March 2012
音樂: Teresa - Paolo Belli : (Album: Giants of Latin)



Count In : 16 beats

NOTE : Choreographed in honor of Teresa Liu's 70th birthday. Dance keeps you ALIVE !!

TOE HEEL SWIVEL, HITCH, CROSS X 2

- 1-4 Swivel your R toe in next to your LF, swivel your R heel out to a R diagonal, hitch your R knee up & rise on the ball of your LF, step RF across LF
- 5-8 Swivel your L toe next to your RF, swivel your L heel out to the L diagonal, hitch your L knee up & rise on the ball of your RF, step LF across RF

EASY OPTION : 1-4 Touch R toe next to LF, extend R heel f/wd, hitch R knee, step RF across LF

- 5-8 Touch L toe next to RF, extend L heel f/wd, hitch L knee, step LF across RF

¼ R, GIRLY WALK/CHICKEN WALK FWD, SHUFFLE RIGHT, ½ TURN SHUFFLE LEFT

- 1-4 Turn ¼ R and walk f/wd RF,LF,RF,LF while swiveling hips [3:00]
- 5&6 Step RF to R, close LF next to RF, step RF to R
- 7&8 ½ turn R and step LF to L, closed RF next to LF, step LF to L [9:00]

EASY OPTION : 5-6 Tap RF, step RF to R

- 7-8 ½ turn R & tap LF, step LF to L

KICK CROSS, KICK SIDE, SAILOR STEP X 2

- 1-2 Kick RF diagonally across in front of LF, kick RF to R
- 3&4 Step RF across & behind LF, step LF next to RF, step RF to R
- 5-6 Kick LF diagonally across in front of RF, kick LF to L
- 7&8 Step LF across & behind RF, step RF next to LF, step LF to L

SIDE TOE STRUT, CROSS TOE STRUT, BIG STEP, BALL CHANGE, STEP

- 1,2 Tap RF to R, step RF to R
- 3,4 Tap LF across, step LF over RF
- 5,6 Make a large step R with RF, pull LF towards RF but don't close
- 7 Step ball of LF behind R heel
- &8 Step RF in place, step LF f/wd [9:00]

Choreographers Note : This is a really lively dance, created in celebration of the life of a very lively dance teacher & friend who has never allowed her age to slow her down. After all 'Age is just a number'. HAPPY BIRTHDAY TERESA !