

Alkeehawl

拍數: 48 牆數: 2 級數: Improver / Intermediate
編舞者: Paul McAdam (UK) - March 2012
音樂: Last Call for Alcohol - Microwave Dave & The Nukes



Count in: Approximately 23 seconds into track

[1-8] TOE-HEEL SWIVELS, STEP, JAZZ BOX

- 1,2 Touch right toe in towards left foot as you swivel left heel right, touch right heel out to right side as you swivel left toes right
- 3,4 Touch right toe in towards left foot as you swivel left heel right, step right foot out to right side as you swivel left toes right
- 5,6,7,8 Cross left foot over right foot, step back on right foot, step left foot to left side, cross right foot over left

[9-16] & LOCK, SIDE, CROSS SHUFFLE, SIDE ROCK, BEHIND ¼ TURN

- &1,2 Quick step left foot to left side, lock right foot behind left, step left foot to left side
- 3&4 Cross right foot over left, step left foot to left side, cross right foot over left
- 5,6 Rock left foot out to left side, recover weight onto right
- 7&8 Cross left foot behind right, make a ¼ turn right and step forward on right, step forward on left

[17-24] CROSS POINTS X2, JAZZ BOX ¼ TURN

- 1,2,3,4 Cross right foot over left, touch left toe out to left side, cross left foot over right, touch right toe out to right side
- 5,6,7,8 Cross right foot over left, make a ¼ turn right and step back on left foot, step right foot to right side, cross left foot over right

[25-32] KICK BALL CROSS, DIAGONAL, TOUCH X2

- 1&2 Kick right foot forward, step down on ball of right foot, cross left foot over right
- 3,4 Step right foot to right diagonal, touch left toe next to right
- 5&6 Kick left foot forward, step down on ball of left foot, cross right foot over left
- 7,8 Step left foot to left diagonal, touch right toe next to left

[33-40] SIDE, KICK CROSS TOUCH, BACK, SIDE, KICK CROSS TOUCH, BACK

- 1 Step right foot to right side
- 2&3 Kick left foot across right, to right diagonal, cross left foot over right angling body towards right diagonal, touch right toe behind left foot
- 4,5 Step back on right foot straighten body back to 6 0 clock, step left foot to left side
- 6&7 Kick right foot across left to left diagonal, cross right foot over left angling body to left diagonal, touch left toe behind right
- 8 Step back on left foot straightening body to 6 0 clock wall

[41-48] ¼ TURN STEP, STEP PIVOT ¾ TURN SIDE, SAILOR STEP, BEHIND SIDE CROSS

- 1,2 Make a ¼ turn right and step forward on right foot, step forward on left foot
- 3,4 Pivot a ¾ turn right, step left foot to left side
- 5&6 Cross right foot behind left, step left foot to left side, step right foot to right side
- 7&8 Cross left foot behind right foot, step right foot to right side, cross left foot over right foot

START AGAIN AND ENJOY