

Un Poquito De Alcohol (a Little Alcohol)

拍數: 48 牆數: 2 級數: Beginner
編舞者: Forty Arroyo (USA) - April 2012
音樂: Last Call for Alcohol - Microwave Dave & The Nukes



A Hayloft Floor Split for ALKEEHAWL by Paul McAdam (Inspired by Paul's Dance)

Dedicated to My Senior Gals (senior gal tested)

Count in: Approximately 23 seconds into track

[1-8] TOE – IN, OUT, IN, OUT, JAZZ BOX WITH A TOUCH

1-4 Touch R toes next to L, Touch R toes out to side – Repeat for 3 -4
5-8 Cross R over L, Step slightly back on L, Step R to side, Touch L next to R

[9-16] CHASSE' L, CROSS ROCK, RECOVER, CHASSE W/ ¼ TURN R, WALK, WALK

1&2 Step L to side, Step R next to L, Step L to side
3-4 Cross rock R over L, recover weight on L
5&6 Step R to side, Step L next to R, Step R forward turning ¼ to R
7-8 Walk Forward – L, R

[17-24] L KICK BALL CHANGE, L SIDE STEP, CLAP, R ROCKING CHAIR

1&2 Low kick L forward, Step Ball of L next to R , Step R in place
3-4 Step L to side, Clap
5-8 Rock forward on R, Recover weight on L, Rock back on R, Recover weight on L

[25-32] R KICK BALL CHANGE, R SIDE STEP, CLAP, L ROCKING CHAIR

1&2 Low kick R forward, Step Ball of R next to L , Step L in place
3-4 Step R to side, Clap
5-8 Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R

[33-40]STEP, HEEL TAPS, STEP, HEEL TAPS

1-2 Step forward on L – left diagonal, Tap L heel in place
3-4 Tap L heel in place, Step L in place (weight on L)
5-6 Step forward on R – right diagonal, Tap R heel in place
7-8 Tap R heel in place (twice) – weight on LEFT

[41-48] JAZZ BOX WITH ¼ R, JAZZ BOX IN PLACE

1-4 Cross R over L, Step back slightly on L, Step R turning ¼ to right, Step L next to R
5-8 Cross R over L, Step back slightly on L, Step R to side, Step L next to R

Questions: please email forty.arroyo@gmail.com

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