

Try This For Size

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Steve Rutter (UK) & Claire Butterworth (UK) - March 2012
音樂: Get Out of My Bed - Mark Medlock & Dieter Bohlen : (Album: Dreamcatcher)



(16 Count Intro - starting on vocals)

Section 1- V Step, Back Rock , Right Lock Step.

- 1-2 Step right foot forward and out towards right corner, step left foot forward and out towards left corner.
3-4 Step back on right and in towards centre, close left beside right.
5-6 Rock back on right, recover weight onto left.
7&8 Step forward on right, lock left behind right, step forward on right.

Section 2- Step Forward, Pivot 1/4 Turn Right, Weave.

- 1-2 Step forward on left, pivot a 1/4 turn right.
3-4 Cross left over right, step right to right side.
5&6 Cross left behind right, Step right to right side, cross left over right.
7-8 Step right to right side, cross left behind right.

Section 3 - 1/4 Turn Right into Heel Splits, Side Rock, Crossing Shuffle.

- 1&2 Make a 1/4 turn right stepping right forward, split heels away from each other, return heels to centre.
3&4 Step forward on left, split heels away from each other, return heels to centre.
5-6 Rock right to right side, recover weight onto left.
7&8 Cross right over left, step left to left side, cross right over left.

Section 4- Hinge 1/2 Turn Right, Shuffle Forward, Step Forward, Pivot 1/2 Turn Left, Walk Forward.

- 1-2 Make a 1/4 turn right stepping back on left, make a 1/4 turn right stepping right to right side.
3&4 Step forward on left, close right beside left, step forward on left.
5-6 Step forward on right, pivot a 1/2 turn left.
7-8 Step forward on right, step forward on left.

Option: A full turn left stepping on right, left can replace the walk forward on counts 7-8.

Section 5- Scuff, Scuff With 1/4 Turn Left, Toe Taps, Ball-Step, Step Forward, Pivot 1/2 Turn Left, Step Forward.

- 1-2 Scuff right forward, scuff right back making a 1/4 turn left.
3-4 Tap right toe back twice.
&5 Close right beside left, step left forward.
6-7 Step forward on right, pivot a 1/2 turn left.
8 Step forward on right.

Section 6- Forward Rock, Coaster Step, Step Forward, Pivot 1/2 Turn Left, Walk Forward.

- 1-2 Rock forward on left, recover weight onto right.
3&4 Step back on left, close right beside left, step forward on left.
5-6 Step forward on right, pivot a 1/2 turn left.
7-8 Step forward on right, step forward on left.

Restart: When dancing Wall 3 restart dance here (You will be facing 9 o'clock)

Section 7- Toe Touch, Cross, Toe Touch, Modified Jazz Box.

- 1-2 Point right toe to right side, cross right over left.
3-4 Point left toe to left side, cross left over right.
5-6 Step back on right, step left to left side.

7-8 Cross rock right over left, recover weight onto right.

Section 8- Ball-Cross, Hinge 1/2 Turn Left, Walk Forward, Shuffle Forward.

&1 Close right beside left, cross left over right.

2-3 Make a 1/4 turn left stepping back on right, make a 1/4 turn left stepping left to left side.

4-6 Step forward on right, step forward on left, step forward on right.

7&8 Step forward on left, close right beside left, step forward on left.

Restart: When dancing Wall 3 restart dance after 48 Counts (facing 9 o'clock).

Choreographers Note: Special Thanks To Liz Shepherd For Naming This Dance For Us! :)
