

Just 4 tonight

COPPER KNOB
BY STEPHEN HETS

拍數: 32
編舞者: Jenny Memmel (DE) - April 2012
音樂: Just 4 Tonite - Paul Carrack

牆數: 2

級數: Newcomer / Improver - Reggae



Or Ich brauch´mal wieder Sonne by Große Jungs
Or Country: Let your love flow by Bellamy Brothers (89 BPM)
Style : Everything is loose and easy in Reggae Dancing

[1-8] Chasse´ R+L, Step touches (2x), Chasse´ right

1&2 step RF to right side LF, step LF next RF, step RF to right..side
3&4 step LF to left side, step RF next LF, step LF to left .side
5&6& step RF to right side, touch LF next RF, step LF to left side touch RF next LF
7&8 step RF to right side, step LF next RF, step to right side

[9-16] Step touches (2x), Chasse´ left, Toe Strut R+L

1&2& step LF to left side, touch RF next LF, step RF to right side, touch LF next RF
3&4 step LF to left side, step RF next LF, step LF to left side
5&6 press your right ball in the ground with hip bump right, recover weight on LF with hip bump left, step RF to right side with hip bump
7&8 press your left ball in the ground with hip bump left, recover weight on LF with hip bump right, step LF to left side with hip bump left

(Arm styling for count 5-8: twice while paddling on the right and two left)

[17-24] Toe Fan´s R+L, ½ Turn left, Heel kick´s

1&2& step RF slightly diagonal forward fan right toe to right side, bring toe back to center, fan right toe to right side, change your weight on RF
3&4& step LF slightly diagonal forward fan left toe to left side, bring toe back to center, fan left toe to left side, change your weight on LF

(Arm styling for counts 1&2&: The fists are pointing at each other and the elbow horizontally in front of the chest),

(Arm styling for counts 3&4&: the right hand is shown on the right hip and the left thumb with the arm diagonally upward while waving to the left right left)

5&6&7&8& turn over third counts - half a rotation over your left shoulder, alternately kick your heel´s into the ground (R+L+R+L+R+L+R+L) on count & your weight on LF

[25-32] diagonal Chasse´ R+L, diagonal steps backward (R+L+R+L)

1&2 step RF forward to right diagonal, step LF next RF, Step RF forward to right diagonal
3&4 step LF forward to left diagonal, step RF next LF, Step LF forward to left diagonal

(Arm styling for count´s 1-4: Push your arms in the air like as if you want flatbeds a balloon in the air, to right and left side).

5,6,7,8 step RF diagonally backwards to right side, step LF diagonally backwards to left side, step RF diagonally backwards to right side, step LF diagonally backwards to left side

(Armstyling for count 5-8: It's the same poor fit to the back of the foot goes backwards, the other poor is thereby forward. This will change with each step.)

Have fun!