

Is It Friday Yet?

拍數: 32 牆數: 4 級數: Improver
編舞者: Diana Dawson (UK) - June 2012
音樂: Is It Friday Yet - Gord Bamford : (Album: Is It Friday Yet?)



Section 1: WALK, WALK, ROCK & CROSS, SYNCOPATED WEAVE, ROCK & CROSS

1-2 Walk forward on right foot, walk forward on left foot
3&4 Step right foot to right side, rock onto left foot, cross step right over left
5& Step left to left side, step right behind left,
6& Step left to left side, cross step right over left
7&8 Step left to left side, rock onto right foot, cross step left over right

Section 2: MONTEREY 1/2 TURN, HEEL SWITCHES, SHUFFLE FORWARD x2

1& Point right to right side, make 1/2 turn right stepping right beside left [6:00]
2& Point left to left side, step left beside right
3& Tap right heel forward, step right in place
4& Tap left heel forward, step left in place
5&6 Step forward on right foot, step left up to right, step forward on right foot
7&8 Step forward on left foot, step right up to left, step forward on left foot

Section 3: FORWARD, TAP, BACK, KICK, COASTER, SHUFFLE, STEP, 1/2 TURN, STEP

1& Step forward on right foot, tap left toes behind left heel,
2& Step back on left foot, low kick right forward
3&4 Step back on right foot, step left beside left, step forward on right foot.
5&6 Step forward on left foot, step right up to left, step forward on left foot
7&8 Step forward on right foot, pivot 1/2 turn left, step forward on right [12:00]

Section 4: TRIPLE 3/4 TURN, KICK OUT-OUT, SAILOR STEPS RIGHT & LEFT

1 Make 1/2 turn right stepping back on left foot [6:00]
& Make 1/4 turn right stepping right to right side [9:00]
2 Step left slightly forward
3&4 Kick right foot forward, step right out to right side, step left out to left side
5&6 Step right behind left, step left to left side, step right to right side
7&8 Step left behind right, step right to right side, step left to left side

Begin again

Contact: Website: www.silverstarswesterndancers.com - e-mail: dianadawson@btinternet.com - UK:01896 756244