

Keep My Distance

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Greg Markish (USA) - July 2012
音樂: Distance (feat. Jason Mraz) - Christina Perri



Note: Start wall one 20 seconds into the track, and take your time since the music is slow (75bpm).

[1-8] 2 Sways, Sway-Behind-Quarter, Step, Touch, Walk Back

- 1-2 Step right to right side with a hip sway right, Hip sway left taking weight onto left
- 3-4& Hip sway R taking weight onto R, Step left behind right, Turn $\frac{1}{4}$ right while stepping right forward (3:00)
- 5-6 Step left forward, Touch right toe beside left
- 7-8 Walk back right, left

[9-16] Rock-Recover-Quarter Hitch, Right Nightclub Basic, Quarter-Half-Half-Quarter Lunge

- 1-2& Rock right back, Recover left, Turn $\frac{1}{4}$ left with a gentle right knee hitch (12:00)
- 3-4& Step right to right side, step left behind right, step/replace right across left (nightclub basic)
- 5-6-7-8 Turn $\frac{1}{4}$ left stepping left forward, Turn $\frac{1}{2}$ left stepping back onto right, Turn $\frac{1}{2}$ left stepping forward left, Turn $\frac{1}{4}$ left into right lunge (6:00)

[17-24] Left Nightclub Basic, Side-Quarter-Heel Lift, Walk $\frac{3}{4}$ Arc

- 1-2& Large step left to left side, step right behind left, step/replace left across right (nightclub basic)
- 3-4& Step right to right side, Turn $\frac{1}{4}$ left bringing left to right, Lift right heel preparing to step (3:00)
- 5-6-7-8 Step right forward, Turn $\frac{1}{4}$ left stepping left forward, Turn $\frac{1}{4}$ left stepping right forward, Turn $\frac{1}{4}$ left stepping left forward (Walk $\frac{3}{4}$ Arc) (6:00)

[24-32] 3 Diagonal Drag-Hitches, Cross-Spiral-Hitch

- 1-2& Step right to right diagonal, Drag left to right taking no weight, Gentle left knee hitch
- 3-4& Step left to left diagonal, Drag right to left taking no weight, Gentle right knee hitch
- 5-6& Step right to right diagonal, Drag left to right taking no weight, Gentle left knee hitch across right
- 7-8& Step down left across right, Full spiral turn right keeping weight left, Gentle right knee hitch

Restart – On wall three restart after 8-counts by making a $\frac{1}{4}$ -turn right into count 1 to face 6:00.