

Sweet Seniorita

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK) - September 2012
音樂: Sweet Seniorita - Chris James : (CD: A Less Than Perfect Man - iTunes)



16 count intro - Dance rotates in CW direction

Side Left. Together. Back. Sweep. Sailor quarter turn Right. Hold

1 – 2 Step Left to Left side. Step Right beside Left
3 – 4 Step back on Left. Sweep Right out and around behind Left
5 – 6 Quarter turn Right crossing Right behind Left. Step Left beside Right
7 – 8 Step forward on Right. Hold (Facing 3 o'clock)

Step. Hold. Walk forward x 3. Hold. Forward rock

1 – 2 Step forward on Left. Hold
3 – 4 Walk forward Right. Walk forward Left
5 – 6 Walk forward Right. Hold
7 – 8 Rock forward on Left. Recover onto Right

Back. Sweep. Back. Sweep. Back. Hold. Rock. Rock

1 – 2 Step back on Left. Sweep Right out and around to Right
3 – 4 Step Back on Right. Sweep Left out and around to Left
5 – 6 Step back on Left popping Right knee forward. Hold
7 – 8 Rock forward onto Right straightening Right knee. Recover onto Left Popping Right knee forward

Forward lock step. Brush. Jazz box Cross

1 – 2 Step forward on Right. Lock Left behind Right
3 – 4 Step forward on Right. Brush Left forward
5 – 6 Cross Left over Right. Step back on Right
7 – 8 Step Left to Left side. Cross Right over Left

Start again

***Tag: At the end of wall 8 (Facing front wall for the 2nd time)**

Dance the following 8 count tag and then start dance again from beginning.

Rumba Box

1 – 4 Step Left to Left side. Step Right beside Left. Step forward on Left. Hold
5 – 8 Step Right to Right side. Step Left beside Right. Step back on Right. Hold