

Winners & Losers

拍數: 64 牆數: 4 級數: Improver
編舞者: Diana Dawson (UK) - August 2012
音樂: The Losing Side of Me - The Mavericks : (various CD's)



Intro: 24 counts – Start on vocals;

Section 1: WEAVE RIGHT – SIDE- HOLD- BACK- ROCK

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

Section 2: STEP, PIVOT 1/2 TURN, STEP, STEP, PIVOT 1/2 TURN, STEP

1-2-3-4 Step forward on left foot, pivot 1/2 turn right, step forward on left foot, hold/clap [6:00]
5-6-7-8 Step forward on right foot, pivot 1/2 turn left, step forward on right foot, hold/clap[12:00]

Section 3: WEAVE LEFT – SIDE- HOLD- BACK- ROCK

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

Section 4: RIGHT FORWARD-LOCK-FORWARD - LEFT STEP - PIVOT 1/4 TURN - CROSS

1-2-3-4 Step forward on right foot, lock step left behind right, step forward on right foot, hold
5-6-7-8 Step forward on left foot, pivot 1/4 turn right, cross step left over right, hold [3:00]

Section 5: 1/4 TURN LEFT – HITCH – 1/4 TURN LEFT - HITCH – RIGHT COASTER STEP

1-2 Make 1/4 turn left stepping back on right foot, hitch left knee [12:00]
3-4 Make 1/4 turn left stepping left foot to left side, hitch right knee [9:00]
5-6-7-8 Step back on right foot, step left beside right, step forward on right foot

Dance ends here on wall 10 facing front

Section 6: HITCH PADDLE 1/4 TURNS RIGHT x2 – DIAGONAL CROSS SHUFFLE

1 Hitch left knee slightly as you step forward on left foot,
2 Pivot 1/4 turn right on right foot [12:00]
3 Hitch left knee slightly as you step forward on left foot,
4 Pivot 1/4 turn right on right foot [3:00]
5-6-7-8 Step left over right, step right to right side, step left over right

NOTE: Steps 5-8, Cross shuffle should travel towards right diagonal, straightening up as you begin Section 7 Reverse Rumba Box)

Section 7: REVERSE RUMBA BOX

1-2-3-4 Step right to right side, step left beside right, Step back on right, hold
5-6-7-8 Step left to left side, step right beside left, step left forward, hold

Section 8: HIP BUMPS RIGHT, HIP BUMPS LEFT (The Cheeky bit)

1-2-3-4 Touch right toes diagonally forward right bumping hips right-left-right, hold (Weight ending on right foot)
5-6-7-8 Touch left toes diagonally forward left, bumping hips left-right-left, hold (Weight ending on left foot)

Begin again

With thanks to “Carson City” and “The Lorraine MacMillan Band” For including this song in their repertoire.

