

Ting Ting

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - October 2012
音樂: Ting - Ting - Alexandra Stan : (Album: Saxo beats)



Intro: Start after 40 counts from the beginning (19 sec.)

[1 – 8] Step fwd , Together, Coaster Step, Step fwd, Pivot ½ R, Shuffle fwd

1 – 2 Step R fwd, Step L next to R
3 & 4 Step R back, Step L next to R , Step R fwd
5 – 6 Step L fwd, Pivot ½ Turn R (06.00)
7 & 8 Step L fwd, Step R next to L, Step L fwd

[9-16] Hip Bumps fwd, Coaster Step, Rock fwd, Recover , Coaster Step

1 & 2 Bumps hips R,L,R (weight stays on L)
3 & 4 Step R back, Step L next to R, Step R fwd
5 – 6 Rock L fwd, Recover on R
7 & 8 Step L back, Step R next to L, Step L fwd

[17-24] Jazz Box ¼ Turn R, Side Rock Recover , Tap R x2

1 – 4 Step R across L, Step L back, ¼ Turn R step R to R side, Step L fwd (09.00)
5 – 6 Step R to R side and sway hips R, Recover on L and sway hips L (weight ends on L)
7 – 8 Tap R to R Diag. x2

[25-3]2 Coaster Step, Tap L x2 , Coaster step , Skates fwd

1 & 2 Step R back, Step L next to R, Step R fwd
3 – 4 Tap L to L Diag. x2
5 & 6 Step L back , Step R next to L, Step L fwd
7 – 8 Skate R out fwd, Skate L out fwd

[33-40] Rock Recover, Shuffle Back, Rock Recover, Shuffle fwd

1 – 2 Rock R fwd, Recover on L
3 & 4 Step R back, Step L next to R ,Step R back
5 – 6 Rock L back, Recover on R
7 & 8 Step L fwd, Step R next to L, Step L fwd

[41-48] Step fwd, Pivot ¼ L, Crossing Shuffle, Knee pops , ¼ R with knee pops

1 – 2 Step R fwd, Pivot ¼ Turn L (06.00)
3 & 4 Step R across L, Step L to L side, Step R across L
5 & 6 Step L to L side (5), Pop both knees(&6)
7 & 8 ¼ Turn R step R to R side, Pop Both Knees (&8) (weight stays on L) (09.00)

[49-56] Out , Out, Knee Rolls R, L, Sailor step , Sailor step ¼ L

1 – 2 Step R Out , Step L fwd Out
3 – 4 Roll R knee out, Roll L knee out
5 & 6 Step R behind L, Step L to L side, Step R to R side
7 & 8 Step L behind R with ¼ Turn L, Step R to R side, Step L fwd (06.00)

[57-64] Shuffle fwd, Step fwd, Pivot ½ R , Shuffle fwd, ½ Turn L, ¼ Turn L

1 & 2 Step R fwd, Step L next to R, Step R fwd
3 – 4 Step L fwd, Pivot ½ Turn R (12.00)
5 & 6 Step L fwd , Step R next to L, Step L fwd

7 – 8 $\frac{1}{2}$ Turn L step R back, $\frac{1}{4}$ L step L fwd (03.00)

**Ending: Last wall starts at the back . Count 63 & 64 ($\frac{1}{2}$ Turn L step R back, $\frac{1}{4}$ L step L fwd).
Instead of $\frac{1}{2}$ and $\frac{1}{4}$ make 2 x $\frac{1}{4}$ Turn L to face the front wall again and step R fwd**

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