My Name Is Stain

級數: Improver

編舞者: Marie-Aimé Le Barillec (FR) - June 2012

音樂: My Name Is Stain - Shaka Ponk

Intro : 16 count (is 2 x 8 time)

拍數: 32

RIGHT KICK BALL TOUCH, LEFT KICK BALL TOUCH, RIGHT SAILOR STEP, LEFT SAILOR STEP

- 1&2 Kick right forward, step right together, touch left to side (weight to right)
- 3&4 Kick left forward, step left together, touch right to side (weight to left)
- 5&6 Cross right behind left, step left together, step right to side (weight to right)
- 7&8 Cross left behind right, step right together, step left to side (weight to left)

RIGHT FORWARD, LEFT FORWARD, RIGHT SHUFFLE FORWARD, LEFT BACK, RIGHT BACK, LEFT COASTER CROSS

- 1-2 Step right forward, step left forward
- 3&4 Chassé forward right-left-right
- 5-6 Step left back, step right back
- 7&8 Step left back, step right together, cross left over right (weight to left)

RIGHT FULL TURN, LEFT TAP TOE & CLAP, CLAP, LEFT FULL TURN, RIGHT TAP TOE & CLAP, CLAP

1-2-3&4 Turn ¼ right and step right forward, turn ½ right and step left back, turn ¼ right and step right to side, left tap toe and clap, clap (weight to right, 12:00)

Option for 1-2-3&4 : Step right to side, cross left behind right, step right to side, left tap toe and clap, clap (weight to right)

5-6-7&8 Turn ¼ left and step left forward, turn ½ left and step right back, turn ¼ left and step left to side, right tap toe and clap, clap (weight to left, 12:00)

Option for 5-6-7&8 : Step left to side, cross right behind left, step left to side, right tap toe and clap, clap (weight to left)

RESTART HERE ON WALL 4.

MONTEREY 1/4 RIGHT TURN, MONTEREY 1/2 RIGHT TURN

- 1-2-3-4 Touch right to side, turn ¼ right and step right together (3:00), touch left to side, step left together (weight to left)
- 5-6-7-8 Touch right to side, turn ½ right and step right together (9:00), touch left to side, step left together (weight to left)

REPEAT

RESTART : During 4th wall, facing 3:00, after 24 counts (weight to left). Restart facing 3:00

FINAL : During 11th wall, facing 9:00, dance the first 24 counts and finish with the following MONTEREY TURNING TWICE

- 1-2-3-4 Touch right to side, turn ¼ right and step right together (12:00), touch left to side, step left together (weight to left)
- 5-6 Touch right to side, turn ¹/₄ right and step right together (3:00),
- 7-8 Touch left to side, turn ¼ left and step left (weight to left, 12:00)
- 1- Touch left together (weight to left, 12:00)

HAVE FUN





牆數:

牆數:4