

Everyday Everybody

拍數: 64 牆數: 4 級數: Intermediate
編舞者: David Sinfield (UK) - February 2013
音樂: Zaleilah - Mandinga : (iTunes)



Start dance on lyrics

S1: CROSS, SIDE, SAILOR, CROSS, SIDE SAILOR ¼ TURN LEFT

1-2 Cross right over left, step left to left
3&4 Cross right behind right, step left to left side, step right to right
5-6 Cross left over right, step right to right
7&8 Cross left behind right, step right into ¼ turn left, step left to left

S2: STEP LOCK, STEP LOCK STEP, SYNCOPATED ROCKS

1-2 Step right forward, lock left behind right
3&4 Step right forward, lock left behind right, step right forward
5-6& Rock forward on left, replace weight onto right, step left forward
7-8 Rock forward right, replace weight onto left

S3: COASTER STEP, STEP PIVOT, SHUFFLE FORWARD, STEP LOCK

1&2 Step right back, step left beside right, step forward right
3-4 Step left forward, pivot ½ turn right
5&6 Step left forward, close right beside left, step left forward
7-8 Step right forward, lock left behind right

S4: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

1-2 Rock right to right, replace weight onto left
3&4 Cross right behind left, step left to left, cross right over left
5-6 Rock left to left, replace weight on right
7&8 Cross left behind right, step right to right, cross left over right

S5: ROCK FORWARD, COASTER STEP, ROCK STEP, SHUFFLE ½ TURN LEFT

1-2 Rock forward right, replace weight onto left
3&4 Step right back, step left beside right, step right forward
5-6 Rock left forward, replace weight onto right
7&8 Shuffle ½ turn left stepping left-right-left

S6: SIDE ROCK, CROSS SHUFFLE, ROCK ¼ TURN, SHUFFLE ½ TURN RIGHT

1-2 Rock right to right, replace weight onto left
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left, turn a ¼ turn right replacing weight onto right
7&8 Shuffle ½ turn right stepping Left-right-left

S7: BACK ROCK, RIGHT SISSOR STEP, SIDE DRAG, TOUCH BALL CROSS

1-2 Rock back on right, replace weight onto left
3&4 Step right to right, step left beside right, cross right over left
5-6 Step left to left, drag right to left foot
7&8 Touch right forward, step right down, cross left over right

S8: CHASSE RIGHT, CROSS ROCK, SIDE ROCK, SAILOR ¼ TURN LEFT

1&2 Step right to right, step left to left, step right to right
3-4 Cross rock left over right, replace weight onto right

5-6 Rock left to left, replace weight onto right
7&8 Cross left behind left, step right into ¼ turn left, step left to left

Tag: 4 COUNTS at the end of wall 5

HIP SWINGS, HIP BUMP, HITCH

1&2 keep weight on left swing hips left-right-left

3-4 Bump hip right, hitch right foot

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