

Matchbox

拍數: 48 牆數: 4 級數: Advanced Beginner
編舞者: William Sevone (UK) - February 2020
音樂: Matchbox (feat. Imelda May) - Mike Sanchez and His Band : (Album: Almost Grown)



Choreographers note:- Ideal for Beginners moving into the next level for the first time.
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts after 48 count intro on the word 'Cryin' (as in 'guess I'm tired of cryin'..)

2x Kick Fwd-Kick Diagonal-Sailor (12:00).

1 – 2 Kick right forward. Kick right to right diagonal.
3& 4 Step right behind left, step left to side, step right to right side.
5 – 6 Kick left forward. Kick left to left diagonal.
7& 8 Step left behind right, step right to side, step left to left side.

4x Short Diagonal Steps. Grapevine with Diagonal Heel Touch (12:00)

9 – 10 *with weight on ball - Step right diagonally forward right. Step left diagonally forward left.
11 – 12 *with weight on ball - Step right diagonally forward right. Step left diagonally forward left.
13 – 16 *Step right to right side. Cross left behind right. Step right to right side. Flick kick left diagonal left.

*Dance note: Counts 9-12: Steps are short - similar to 'Prissy Steps'

*Dance note: Counts 13-16: Swivel on balls of feet (rotating hips) – like 'The Twist'.

Grapevine with Diagonal Heel Touch. 2x Shuffle Backward (12:00)

17 – 20 *Step left to left side. Cross right behind left. Step left to left side. Flick kick right diagonal right.
21& 22 turning upper body slightly right – Shuffle backward stepping R.L-R
23& 24 turning upper body slightly left – Shuffle backward stepping L.R-L.

*Dance note: Counts 17-20: Swivel on balls of feet (rotating hips) – like 'The Twist'.

Walk Backward: R-L. Kick Ball-Forward. Walk Forward: R-L. Fwd Side Jack (12:00)

25 – 26 Walk backward: Right-Left.
27& 28 Kick right forward, step right next to left, step forward onto left.
29 – 30 Walk forward: Right-Left.
&31- 32 *Press right to right side, step down onto left. Step forward onto right.

*Dance note: The 'Jack' is performed with a very slight hopping or jumping motion on the '&' and 1st count
Option for &31- 32: (31) Rock right to right side, (&) recover onto left, (32) step forward onto right

Walk Forward: R-L. Fwd Side Jack. 2x 1/4 Side Rock-Recover Rock (6:00)

33 – 34 Walk forward: Left-Right.
&35- 36 *Press left to left side, step down onto right. Step forward onto left.
37 – 38 Turn ¼ left & rock right to right side (9). Rock recover onto left.
39 – 40 Turn ¼ left & rock right to right side (6). Rock recover onto left.

*Dance note: The 'Jack' is performed with a very slight hopping or jumping motion on the '&' and 1st count
Option for &35- 36: (35) Rock left to left side, (&) recover onto right, (36) step forward onto left

1/4 Chasse. 3/4 Chasse. Walk: R-L-R. 1/4 Pivot (3:00)

41& 42 Turn ¼ left & Chasse right stepping R.L-R (3)
43& 44 Turn ½ left & step left to left side (9), step right next to left, turn ¼ left & step forward onto left (6).
45 – 46 Walk forward: Right-Left.
47 – 48 Step forward Right. Pivot ¼ left (weight on left) (3)

Dance Finish

On Count 28 of Wall 7 the music changes to the 'Finale' – complete the section to Count 32 (facing 6:00) then do the following:

- 1 – 2 Walk forward: Left-Right
 - 3 – 4 Pivot $\frac{1}{2}$ left (12). Turn $\frac{1}{4}$ left & step right to right side (9)
 - 5 – 6 Turn $\frac{3}{4}$ left & step forward onto left. with right knee slightly bent – Stamp forward onto right foot with arms outstretched to either side.
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