

Sober

拍數: 64 牆數: 1 級數: Phrased Improver
編舞者: Karla George-Petkovich & Jackie Tally (USA) - March 2013
音樂: Sober - Little Big Town : (Album: Pontoon - iTunes)



Intro: 16 counts, begin dance on vocals

Sequence: A, B, A, B, 16 ct tag, B (24 cts) Restart, B, Ending

Part A: 32 counts

VINE R WITH TURNS, BEHIND SIDE CROSS

1-3 Step R side, step L behind R, turn ¼ R and step forward (3:00)
4-5 Step L forward, turn ½ R (weight to R) (9:00)
6, 7&8 Turn ¼ R and step L to side (12:00), step R behind L, step L side, cross R over L

VINE L WITH TURNS, BEHIND SIDE CROSS

1-3 Step L side, cross R behind L, turn ¼ L and step forward (9:00)
4-5 Step R forward, turn ½ L (weight to L) (3:00)
6, 7&8 Turn ¼ L and step R side (12:00), step L behind R, step R side, cross L over R

MAMBO FORWARD, MAMBO BACK, MAMBO SIDE TO SIDE (12:00)

1&2 Rock R forward, recover to L, step R back
3&4 Rock L back, recover to R, step L forward
5&6 Rock R side, recover to L, step R in place (weight on R)
7&8 Rock L side, recover to R, step L in place (weight to L)

ROCK RECOVER TURN R, STEP LOCK STEP

1&2 Rock R forward, recover L turning ½ R, step R forward to 6:00
3&4 Step L forward, lock R behind L, step L forward
5&6 Rock R forward, recover L turning ½ R, step R forward to 12:00
7&8 Step L forward, lock R behind L, step L forward 12:00

Part B: 32 Counts

SWAY R/L, SIDE TOGETHER SIDE, SWAY L/R SIDE TOGETHER SIDE

1-2 Step R side (hips R) step L side (hips L) 12:00
3&4 Chasse side RLR
5-6 Step L side (hips L) step R side (hips R)
7&8 Chasse side LRL

SAILORS IN PLACE RL, STEP LOCK STEP BACK, TRIPLE TURN L ½

1&2 Step R behind L, rock L side, step R side (12:00)
3&4 Step L behind R, rock R side, step L side
5&6 Step R back, cross L over R, step R back
7&8 Triple turn ½ L stepping LRL to face 6:00

SWAY R/L, SIDE TOGETHER SIDE, SWAY L/R SIDE TOGETHER SIDE

1-3 Step R side (hips R) step L side (hips L) 6:00
3&4 Chasse side RLR
5-6 Step L side (hips L) step R side (hips R)
7&8 Chasse side LRL

SAILORS IN PLACE RL, STEP LOCK STEP BACK, TRIPLE TURN L ½

1&2 Step R behind L, rock L side, step R side (6:00)
3&4 Step L behind R, rock R side, step L side
5&6 Step R back, cross L over R, step R back

7&8 Triple turn ½ L stepping LRL to face 12:00

Repeat A, B

Tag: First 16 counts of Part A

VINE R WITH TURNS, BEHIND SIDE CROSS

1-3 Step R side, step L behind R, turn ¼ R and step forward (3:00)
4-5 Step L forward, turn ½ R (weight to R) (9:00)
6, 7&8 Turn ¼ R and step L to side (12:00), step R behind L, step L side, cross R over L

VINE L WITH TURNS, BEHIND SIDE CROSS

1-3 Step L side, cross R behind L, turn ¼ L and step forward (9:00)
4-5 Step R forward, turn ½ L (weight to L) (3:00)
6, 7&8 Turn ¼ L and step R side (12:00), step L behind R, step R side, cross L

Repeat Part B, first 24 counts

SWAY R/L, SIDE TOGETHER SIDE, SWAY L/R SIDE TOGETHER SIDE

1-2 Step R side (hips R), step L side (hips L) (12:00)
3&4 Chasse side RLR
5-6 Step L side (hips L), step R side (hips R)
7&8 Chasse side LRL

SAILORS IN PLACE RL, STEP LOCK STEP BACK TWICE

1&2 Step R behind L, rock L side, step R side
3&4 Step L behind R, rock R side, step L side
5&6 Step R back, cross L over R, step R back
7&8 Step L back, cross R over L, step L back

SWAY R/L, SIDE TOGETHER SIDE, SWAY L/R SIDE TOGETHER SIDE

1-3 Step R side (hips R), step L side (hips L)
3&4 Chasse side RLR
5-7 Step L side (hips L), step R side (hips R)
7&8 Chasse side LRL

Restart at beginning of Part B

Repeat Part B

ENDING: 24 counts

SWAY R/L, SIDE TOGETHER SIDE, SWAY L/R SIDE TOGETHER SIDE

1-4 Step R side (hips R) step L side (hips L) 12:00
3&4 Chasse side RLR
5-6 Step L side (hips L) step R side (hips R)
7&8 Chasse side LRL

VINE R WITH TURNS, BEHIND SIDE CROSS

1-4 Step R side, step L behind R, turn ¼ R and step forward (3:00)
4-6 Step L forward, turn ½ R (weight to R) (9:00)
6, 7&8 Turn ¼ R and step L to side (12:00), step R behind L, step L side, cross R over L

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6, 7&8 Turn ¼ L and step R side (12:00), step L behind R, step R side, cross L over R

Contacts:-

Karla George-Petkovich, Birmingham, AL kgeopet@yahoo.com
Jackie Tally, Birmingham, AL jgtally@aol.com
