

Seventeen

拍數: 64 牆數: 4 級數: Improver
編舞者: Rob Fowler (ES) & Lianne Lewis-Fowler (ES) - March 2013
音樂: Seventeen - The Fontane Sisters : (iTunes)



Intro: 16 Counts (approx. 6 secs) BPM: 160

Mambo forward, mambo back

1,2 Rock forward onto right, recover back onto left
3,4 Step back right, Hold
5,6 Rock back onto left foot, recover forward on right,
7,8 Step forward left, Hold

Mambo right cross, mambo left cross

1,2 Rock right to right side, recover to left
3,4 Cross right over left, Hold
5,6 Rock left to left side, recover to right
7,8 Cross left over right, Hold

Side touch, side touch, rolling turn right

1,2 Step right to right side, touch left next to right clicking fingers
3,4 Step left to left side, touch right next to left clicking fingers
5,6 ¼ turn to right, ½ to right stepping back onto left
7,8 ¼ turn to left stepping right to right side, Hold

Diagonal touch, back touch x2

1,2 Rock fwd left over right foot, touch right behind Left click finger
3,4 Step back onto right, touch left next to right click fingers
5,8 Repeat 1,4

Side, cross, side, Kick, Side, cross, side, Kick,

1,2 Step left to left side, cross right over left
3,4 Step left to left side, kick right to right diagonal
5,6 Step right to right side, cross left over right
7,8 Step right to right side, kick left to left diagonal

Slow 1/4 turn Sailor step Left, ½ turn left x 2

1,2 Step left behind right, make ¼ turn left stepping right to right side
3,4 Step left to left side, Hold
5,6 Make ½ turn left step back right, Hold
7,8 Make ½ turn left step fwd left, Hold

Right rocking chair, 1/2 pivot turn, 1/2 turn step back

1,2 Rock fwd right, recover back to left
3,4 Rock back left, recover fwd right
5,6 Step fwd right, make ½ pivot turn left
7,8 Make ½ turn left stepping back right, hold

Step back LRL, Slow coaster step, step

1,2 Step back left twisting right toe to right, step back right twisting left toe to left
3,4 Step back left twisting right toe to right, Hold
5,6 Step back right, step left next to right

7,8 Step fwd right, step fwd left

End of dance
