

拍數: 32 牆數: 4 級數: Beginner
編舞者: William Sevone (UK) - April 2013
音樂: 634-5789 - Trace Adkins



Recommended Alternative Music:- "634-5789" (103 bpm)... Wilson Pickett

Choreographers note:- Dancers Choice – either cut the music or continue – see note at bottom of sheet. Ideal for Beginners and for the more experienced dancers where styling is only limited by your imagination. The alternative music is the original version of the song – a straight 32 count with no 'slow-down' Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts on main vocals.

3x Diagonal Heel-Step Back. Diagonal Heel. Touch Back (12:00)

1 – 2 upper body turned right – Touch right heel diagonally left. Step backward onto right
3 – 4 upper body turned left – Touch left heel diagonally right. Step backward onto left.
5 – 6 upper body turned right – Touch right heel diagonally left. Step backward onto right
7 – 8 upper body turned left – Touch left heel diagonally right. Touch left toe backward.

2x Forward-Lock-Forward. Rock. Recover (12:00)

9 – 10 Step forward onto left. Lock right behind left
11 – 12 Step forward onto left. Step forward onto right.
13 – 14 Lock left behind right. Step forward onto right.
15 – 16 Rock forward onto left. Recover onto right.

1/2 Fwd. Cross. Back. Side. 2x Diagonal-Touch Out (6:00)

17 – 18 Turn ½ left & step forward onto left (6). Cross right over left.
19 – 20 Step backward onto left. Step right to right side.
21 – 22 Step left diagonally forward right. Touch right toe to right side.
23 – 24 Step right diagonally forward left. Touch left toe to left side.

Diagonal. 1/2 Step Back. Back. 1/4 Side. Cross Rock. Recover. Side. Touch Together (3:00)

25 – 26 Step left diagonally forward right. Turn ½ right & step backward onto right (12)
27 – 28 Step backward onto left. Turn ¼ right & step right to right side (3)
29 – 30 Rock left across right. Recover onto right.
31 – 32 Step left to left side. Touch right next to left.

DANCE FINISH: A Dancers Choice.. 'Finale'.. or.. 'Kick-Back'

FINALE

Wall 9 - Dance to count 24(facing 6:00) – the music slows dramatically.. then do following to face Home Wall.

1 – 4 Cross left over right over 2 counts. Unwind ½ right over 2 counts (12).

OR..... KICK-BACK

after count 24 do the following

REMEMBER – THESE ARE SLOW COUNTS

1 – 4 Cross left over right over 2 counts. Unwind ½ right over 2 counts (12).

5 – 14 (for a bit of fun) with arms by your side - Start to sag at knees and lower your head at the same time

- as if 'getting your breath back'.

The music then 'Kicks Back' in and the dance continues for another two walls.

The dance will then finish on Count 20 of Wall 12 facing the Home Wall

For the DJ... whatever version you are going to Finish on.... please tell the dancers BEFOREHAND..

