

Soak It Up!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Tony Wilson (USA) & Lana Wilson (USA) - March 2010
音樂: Soak It Up - David Bradley : (Album: Dance Mix 2, Marco Club Connection - Single)
或: Soak It Up (Radio Version) - David Bradley : (Album: Movin' On)



TOE, HEEL, TRIPLE, TOE, HEEL, TRIPLE

1-2 Touch R toe to L instep, touch R heel to L instep
3&4 Triple RLR in place
5-6 Touch L toe to R instep, touch L heel to R instep
7&8 Triple LRL in place

CHARLESTON BRUSH, FWD, LOCK, FWD-LOCK-FWD

9-12 Step R forward, kick L forward, step L back, brush R straight back
13-14 Step R forward, lock L behind R
15&16 Step R forward, lock L behind R, step R forward

ROCK FWD, RECOVER, 1/4 TURN, SHUFFLE, CROSS, 3/4 TURN, STEP FWD

17-18 Rock L forward, recover on R
19&20 Turn 1/4 left shuffling LRL to left side (9:00)
21-22 Cross R over L, turn 1/4 right stepping L back (12:00)
23-24 Turn 1/2 right stepping R forward, step L forward (6:00)

LINDY, LINDY WITH 1/4 TURN

25&26 Shuffle RLR to right side
27-28 Rock L behind R, recover on R
29&30 Shuffle LRL to left side
31&32 Turn 1/4 right rocking R behind L, recover forward on L (9:00)

SIDE, BEHIND, SIDE, ACROSS, SIDE, HOLD, BEHIND, SIDE

33-36 Step R to right, cross L behind R, step R to right, cross L over R
37-40 Step R to right side, HOLD, cross L behind R, step R to right side

SIDE, BEHIND, SIDE, ACROSS, SIDE, HOLD, BEHIND, 1/4 TURN

41-44 Step L to left, cross R behind L, step L to left, cross R over L
45-48 Step L to left side, HOLD, cross R behind L, turn 1/4 left stepping L forward (6:00)

1/2 PIVOT, 1/2 TRIPLE, 1/4 TURN SIDE, TOUCH, ROCK FWD, RECOVER

49-50 Step R forward, pivot 1/2 left weight on L (12:00)
51&52 Triple RLR turning 1/2 left (6:00)
53-54 Turn 1/4 left stepping L to left side, touch R beside L (3:00)
55-56 Rock forward on R, recover on L

COASTER, STEP FWD, BRUSH, 1/4 TURN JAZZ BOX CROSS

57&58 Step back on R, step L beside R, step R forward
59-60 Step L forward, brush R over L
61-62 Cross step R over L, step L back
63-64 Turn 1/4 right stepping R to right side, cross step L over R (6:00)

Begin Again

TAG, end of 2nd pattern facing front wall:

1-4 Step R to right, touch L beside R, step L to left, touch R beside L
5-6, 7&8 Step R forward, pivot 1/2 left weight on L, shuffle forward RLR
9-12 Step L to left, touch R beside L, step R to right, touch L beside R
13-14, 15&16 Step L forward, pivot 1/2 right weight on R, shuffle forward LRL

RESTART & 4 COUNT TAG, 5th Pattern starting on front wall - Dance 1-40, then add:

1-4 Step L forward, pivot 1/4 right, step L across R, hold... restart on front wall.

End, Dance Mix: Pattern 8 starting on back wall: Dance counts 1-48, step R forward to front wall, hold

End, Album: Pattern 8 starting on back wall: Dance counts 1-32, but omit 1/4 turn on count 31, then step R forward to the front wall and hold.

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