

What To Do With Myself (P)

拍數: 32 牆數: 0 級數: Beginner Partnerdance
編舞者: Arne Stakkestad (BEL) - November 2013
音樂: What to Do With Myself - Ricky Travers



Info: start in open promenade after 16 counts intro,
Steps for Man, Lady dances opposite, RH Man holds LH Lady

[1-8] Rockstep Forw, Shuffle ½ R, Rockstep Forw, Shuffle ½ L

1-2 RF rock forward, recover weight on LF
3&4 ¼ R step RF right side, step LF beside RF, 1/4R step RF forward

LH Man holds RH Lady, RLOD

5-6 LF rock forward, recover weight on RF
7&8 ¼ L step LF left side, step RF beside LF, 1/4L step LF forward

RH Man holds LH Lady, LOD

[9-16] Step, Step, Shuffle, Pivot, Tripple Full Turn

1-2 RF step forward, LF step forward
3&4 RF step forward, LF step beside RF, RF step forward
5-6 LF step forward, on ball ½ R, weight on RF

Release Hands, RLOD

7&8 LF ½ R step backward, RF ½ R step forward, LF step forward

Easy option 7&8: shuffle forward

[17-24] Stomp, Kick, Shuffle Backw, Touch Backw, ½ L, Shuffle Forw

1-2 RF stomp beside LF, RF kick forward
LH Man holds Lady's RH
3&4 RF step backward, LF step beside RF, RF step backward
5-6 LF touch backward, on ball ½ L, weight LF

RH Man holds Lady's LH, LOD

7&8 RF step forward, LF step beside RF, RF step forward

[25-32] Side Step, Touch, Chasse ¼ R, Sway, Sway, Chasse ¼ L

1-2 LF step left side, RF touch beside LF (RKnee crossed)
3&4 RF step right side, step LF beside RF, 1/4R step RF forward

Hold both hands, facing eachother

5-6 LF step and sway hips left side, sway hips right side
7&8 LF step left side, step RF beside LF, 1/4L step LF forward

RH Man holds LH Lady, LOD

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