

Soda Pop

拍數: 96 牆數: 4 級數: Easy Intermediate
編舞者: Adrian Churm (UK) - November 2013
音樂: Soda Pop (feat. Michael Bublé) - Robbie Williams : (CD: Swings Both Ways - iTunes)



Sec 1: Side, together, forward, hold, rock forward, recover, step back, hold.

1 – 4 Step left foot to the side, close right foot next to left, step left foot forward, hold.
5 – 8 Rock forward onto right foot, recover back onto left foot, step right foot back, hold. [12]

Sec 2: Run back, hold, Coaster step, hold.

1 – 4 Run back left, right, left, hold.
5 – 8 Step right foot back, close left to right, step right foot forward, hold. [12]

Sec 3: Lock step forward (with shoulder shrugs optional), hold, ¼ turn left, step across, hold

1 – 4 Step left foot forward, lock right foot behind left, step left foot forward, hold
Styling turn upper body slightly to right and quickly bounce shoulders up & down on each step
5 – 8 Step right foot forward, Make a ¼ turn left, step right foot across left, hold. [9]

Sec 4: 1/8 turn to left into diagonal facing side and cross toe struts, rock forward, recover, step back, hold.

1 – 2 Turn 1/8 left stepping left toe to the side and slightly forward, snap left heel down.
3 – 4 Step right toe forwards and across left foot, snap right heel down.
5 – 6 Still on the diagonal, rock forward onto left foot, recover back onto right.
7 – 8 Step left foot back, hold (still facing diagonal). [7 approx]

Sec 5: Diagonal lock step back, hold, 1/8th turn left into coaster step, hold

1 – 4 Step right foot back, lock left foot in front of right, step right foot back, hold.
5 – 8 Turn 1/8th left as left foot steps back, close right next to left, step left foot forward, hold. [6]

Sec 6: ¼ turn left, step across, hold, 1/8 turn to left into diagonal facing side and cross toe struts.

1 – 4 Step right foot forward, Make a ¼ turn left, step right foot across left, hold.
5 – 6 Turn 1/8 left stepping left toe to the side and slightly forward, snap left heel down.
7 – 8 Step right toe forwards and across left foot, snap right heel down. [1 approx]

Sec 7: Rock forward, recover, step back, hold, diagonal lock step back, hold,

1 – 2 Still on the diagonal, rock forward onto left foot, recover back onto right.
3 – 4 Step left foot back, hold (still facing diagonal).
5 – 8 Step right foot back, lock left foot in front of right, step right foot back, hold. [1 approx]

Sec 8: 1/8th turn left into coaster step, hold, Charleston.

1 – 4 Turn 1/8th left as left foot steps back, close right next to left, step left foot forward, hold.
5 – 8 Swing right foot to the front touch forward, hold, swing right foot back weight on right, hold. [12]

Sec 9: Coaster step, hold, ½ turn bounce around with leg lift & swing.

1 – 4 Left foot steps back, close right next to left, step left foot forward, hold.
5 – 8 Step right foot forward, hold, make a ½ turn left as you bounce around on the right foot by lifting and lowering the right heel twice the same time as allowing the left leg to lift & swing around.[6]

Sec10: Coaster step, hold, right diagonal lock steps forward, hold.

1 – 4 Left foot steps back, close right next to left, step left foot forward, hold.

5 – 8 Forward on right diagonal step right foot forward, lock left behind, step right foot forward, hold, [6]

Sec11: Left diagonal lock steps forward, hold, cross over, hold, step back, hold making ¼ turn right.

1 – 4 Forward on left diagonal step left foot forward, lock right behind, step left foot forward, hold, [6] 5

5 – 8 Making a ¼ turn right cross right foot over left, hold, step left foot back, hold.

Sec12: Chasses right hold, Cross over, hold, step back, hold.

1 – 4 Step right foot to the side, close left to right, step right foot to the side, hold

5 – 8 Cross left foot over right, hold, step right foot back, hold.

Tags: End of walls 1 and 3

1 – 8 Small step with left to the left side and sway Left, right, left, right, for 8 counts

Turn & Restart wall 5 after counts 1 - 4 the diagonal lock steps on section 11.

1 – 4 Cross right foot over left, hold, unwind 1/2 turn left, touch left next to right.

Simple Ending and finish:-

On the last repetition the dance will finish facing 9 o clock, simply make a 1/4 turn right and step left foot to the side and with both arms out to the side.

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