

Dance Dance!

拍數: 64 牆數: 4 級數: Improver
編舞者: Steve Rutter (UK) & Claire Butterworth (UK) - January 2014
音樂: "Dance Dance" by Magill (160 B.P.M)



16 Count Intro'

Section 1 – Toe Touches, Flick, Toe Touch, Flick, Right Vine.

- 1-2 Touch right toe forward, touch right toe to right side.
- 3-4 Flick right foot up behind left shin, touch right toe to right side.
- 5-6 Flick right foot up behind left shin, step right to right side.
- 7-8 Cross left behind right, step right to right side.

Section 2 - Toe Touches, Flick, Toe Touch, Flick, Left Vine.

- 1-2 Touch left toe forward, touch left toe to left side.
- 3-4 Flick left foot up behind right shin, touch left toe to left side.
- 5-6 Flick left foot up behind right shin, step left to left side.
- 7-8 Cross right behind left, step left to left side.

Section 3 – Cross Rock, ¼ Turn Right, Hold, Pivot ½ Turn Right, Step Forward, Hold.

- 1-2 Cross rock right over left, recover weight onto left.
- 3-4 Make a quarter turn right stepping right forward, hold.
- 5-6 Step forward on left, pivot a half turn right.
- 7-8 Step forward on left, hold (preparing body to turn to the left).

Section 4 – Triple Step Full Turn Left, Scuff, Left Lock Step, Scuff.

- 1-3 Make a full turn left (travelling forward) stepping on right, left, right.
- 4 Scuff left forward.
- 5-6 Step forward on left, lock right behind left.
- 7-8 Step forward on left, scuff right forward.

Section 5 – Heels Forward (Taking Weight), Back, Together, Side Step, Toe Touch, ¼ Turn Left, Toe Touch.

- 1-2 Step right heel forward (Taking Weight), Step left heel forward (Taking Weight).
- 3-4 Step back on right, close left beside right.
- 5-6 Step right to right side, touch left toe beside right.
- 7-8 Make a quarter turn left stepping forward on left, touch right toe beside left.

Section 6 - Heels Forward (Taking Weight), Back, Together, (Side Step, Toe Touch) x2.

- 1-2 Step right heel forward (Taking Weight), Step left heel forward (Taking Weight).
- 3-4 Step back on right, close left beside right.
- 5-6 Step right to right side, touch left toe beside right.
- 7-8 Step left to left side, touch right toe beside left.

Section 7 – Stomp x2, Heel & Toe Swivels.

- 1-2 Stomp right foot out to right side, stomp left foot out to left side (Feet Shoulder Width Apart)
- 3-4 Swivel both heels in towards each other, swivel both toes in towards each other.
- 5-6 Swivel both toes away from each other, swivel both heels away from each other.
- 7-8 Swivel both heels in towards each other, swivel both toes in towards each other.

Section 8 – Back Rock, ½ Turn Left, Hold, Back Rock, ¼ Turn Right, Hold.

- 1-2 Rock back on right, recover weight onto left (preparing body to turn to the left).
- 3-4 Make a half turn left stepping back on right, hold.

5-6 Rock back on left, recover weight onto right (preparing body to turn to the right).
7-8 Make a quarter turn right stepping left to left side, hold.

Enjoy!

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