

Truth Or Dare

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karen Hadley (UK) - March 2014
音樂: La La La - Shakira



Alt..... Dare (La La La) by Shakira or choreographers preferred version
(128 bpm...64 count intro) (Both available on iTunes and other download sites taken from "Shakira" album)

Choreographers note:- The dance is choreographed as a 2 wall dance, but because of the Restart on wall 2 the dance changes from starting on the 12 o'clock and 6 o'clock walls to starting facing the 3 o'clock and 9 o'clock walls from wall 3 onwards, hence why I have put 4 in brackets in the description, as all 4 walls are used although technically it's only 2 wall. (2/4 walls)

R Heel Grind, Coaster Step, Step L, Pivot ½ R, Shuffle ½ Turn R

1-2 Dig Right heel forward, grind toes from left to right taking weight back on to Left
3&4 Step back on Right, step Left beside Right, step forward on Right
5-6 Step forward on Left, pivot ½ turn right (taking weight on to Right)
7&8 Shuffle ½ turn over right shoulder travelling slightly back, stepping:- Left, Right, Left

R Back Rock, Recover, R Kick Out-Out, Bump L, Bump R, Behind Side Cross

1-2 Rock back on Right, rock forward on to Left
3&4 Kick Right forward, step Right out to right side, step Left out to left side
5-6 Bump hips to left, bump hips to right (take weight on to Left)
7&8 Cross step Right behind Left, step Left to left side, cross step Right over Left

Bump L, Bump R, Hitch L, Chasse ¼ Turn Left, Step R, Pivot ½ L, Shuffle Forward R

1-2& Bump hips to left, bump hips to right, small hitch with Left knee (taking weight on to Right)
3&4 Step Left to left side, step Right beside Left, step Left ¼ turn Left
5-6 Step forward on Right, pivot ½ turn left (taking weight on to Left)
7&8 Step forward on Right, step Left beside Right, step forward on Right (3:00)

Full Turn R Travelling Forward, L Forward Rock, Recover, Back, Hold, Ball-Step, Step

1-2 On ball of Right make ½ turn right stepping back on Left, on ball of Left make ½ turn right stepping forward on Right (Alternative:- Walk forward stepping:- Left, Right)
3-4 Rock forward on Left, rock back on to Right
5-6 Large step back on Left, hold
&7-8 Drag Right back towards Left to step on to ball of Right, step forward on Left, step forward on Right

L Forward Rock, ½ L Turn Toe Strut, ¼ L Turn Toe Strut, ¼ L Sailor Turn

1-2 Rock forward on Left, rock back on to Right
3-4 Make ½ turn left touching Left toe forward, drop Left heel taking weight
5-6 Make ¼ turn left stepping Right toe to right side, drop Right heel taking weight
7&8 Cross step Left behind Right, make ¼ turn left stepping Right beside Left, step forward on Left (3:00)

R Forward Rock, Full Triple Turn R, L Forward Rock, L Coaster Step

1-2 Rock forward on Right, rock back on to Left
3&4 Full triple turn on the spot, stepping:- Right, Left, Right (Alternative:- Right Coaster Step)
5-6 Rock forward on Left, rock back on to Right
7&8 * Step back on Left, step Right beside Left, step forward on Left *(Restart here on wall 2)

Side, Hold, Ball Side, Touch, Rolling Vine L, Chasse L

- 1-2 Step Right to right side, hold
- &3-4 Step Left beside Right, step Right to right side, touch Left beside Right
- 5-6 Make ¼ turn left stepping forward on Left, make ½ turn left stepping back on Right
- 7&8 Make ¼ turn left stepping Left to side, step Right beside Left, step Left to Left side

Cross, Side, Sailor Step, Cross, ¼ Turn L, Shuffle ½ Turn L

- 1-2 Cross step Right over Left, step Left to left side
- 3&4 Cross step Right behind Left, step Left slightly to left side, step on Right in place
- 5-6 Cross step Left over Right, make ¼ turn left stepping back on Right
- 7&8 Shuffle ½ turn left over left shoulder, stepping:- Left, Right, Left (6:00)

Begin again & enjoy :-)

Restarts:- On wall 2 dance up to count 48 and then restart from count 1 (you will be facing the 9 o'clock wall at this point, changing the start of the dance to the side walls instead of front and back walls).

TAG:- On wall 4 a 16 count tag is required as follows:-

Three Heel Switches R, L, R, Hold, R Coaster Step, Step L, Pivot ½ Turn R

- 1&2& Touch Right heel forward, step Right beside Left, touch Left heel forward, step Left beside Right
- 3-4 Touch Right heel forward, hold
- 5&6 Step back on Right, step Left beside Right, step forward on Right
- 7-8 Step forward on Left, pivot ½ turn on Right (taking weight on to Right)

Three Heel Switches L, R, L, Hold, L Coaster Step, Step R, Pivot ½ Turn L

- 1&2& Touch Left heel forward, step Left beside Right, touch Right heel forward, step Right beside Left
- 3-4 Touch Left heel forward, hold
- 5&6 Step back on Left, step Right beside Left, step forward on Left
- 7-8 Step forward on Right, pivot ½ turn on Left (taking weight on to Left)

Dance finishes on Wall 5, dance to end and then add ¼ turn left stepping Right out to right side with arms splayed out for a nice finish to FRONT!

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