Sam's Song



拍數: 32 牆數: 4 級數: Beginner

編舞者: Jan Brookfield (UK) - March 2014 音樂: Another Saturday Night - Sam Cooke



Alternative music: "Mr Know It All" by The Kentucky Headhunters - 112bpm

Section 1: SUPREMES/MOTOWNS (side, close, side + elbows for styling, angle body towards diagonal) x 2

1,2,3,4 Step R to side, close L to R, step R to side, touch L next to R 5,6,7,8 Step L to side, close R to L, step L to side, touch R next to L

Section 2: SIDE ROCK, RECOVER, SAILOR STEP, SIDE ROCK, RECOVER, 1/4 TURN SAILOR STEP

9,10 Rock R to side, recover onto L

11&12 Step R behind L, step L to side, step R to side

13,14 Rock L to side, recover onto R

15&16 Making a quarter turn left step L behind R, step R to side, step L to side

Section 3: OUT-OUT, IN-IN, FORWARD SHUFFLE, ROCK RECOVER

17,18,19,20 Step R out to side, step L out to side, step R in place, step L next to R

21&22 Shuffle forward on R,L,R

23,24 Rock L forward, recover onto R

Section 4: HALF TURN SHUFFLE, ROCKING CHAIR, STEP, PIVOT HALF TURN

25&26 Making a half turn over left shoulder, shuffle forward on L,R,L 27,28, 29, 30 Rock R forward, recover onto L, rock R back, recover onto L

31,32 Step R forward, pivot half turn to left, transfer weight onto L (now facing 9 o'clock)

START AGAIN

Contact: janbrookfield@btinternet.com