# The REAL Thing



拍數: 112 編數: 4 級數: Phrased Intermediate

編舞者: Miss America - May 2014

音樂: Cola Song - Inna



Dance Phrases ABC, ABC, A and first 16 counts of B, B, TAG (wall 3 facing the front), C, C to the end

DO NOT BE PUT OFF BY THE COUNT – once you have heard the music you will get used to it. It is a REAL fun dance with lots of attitude and latino styling. Perfect for hot summer dance nights ;-)

#### PART A - VERSE - 48 counts

## FORWARD OUT, OUT, BACK OUT OUT, SHAKE, SHAKE, SHAKE, HITCH

1-2	Step forward on left (out) Step forward on right (out)
1-2	oled forward off left (out) oled forward off right (out)

3-4 Step back on left (out) Step back on right (keeping weight on right)

5-6 Bump hip to right. Bump hip to right

7-8 Bump hip to right. Hitch left leg up to right

#### LEFT SIDE CHASSE, ROCK BACK, CHUG CHUG CHUG CHUG (TURNING 1/2TURN LEFT)

9&10 Step left to left side. Close right next to left. Step left

11-12 Rock back on right. Recover on left.

Point right to right side, point right to right side

Point right to right side, point right to right side

#### CROSS POINT, CROSS POINT, JAZZ BOX, STEP CROSS

17-18	Cross right over left. Point left to left side
19-20	Cross left over right. Point right to right side

21-22 Cross right over left. Step on left 23-24 Step on right. Cross left over right

#### STEP CROSS, STEP CROSS STEP, (or SIDE CHASSE RIGHT) SWAY SWAY, SWAY, HOLD

25-26 Step right to right side. Cross left over right

27&28 Step right to right side. Cross left over right. Step right

29-30 Sway hips, left. Sway hips right

31-32 Sway hips left. Hold.

#### ROCK FORWARD, RIGHT SHUFFLE BACK, ROCK BACK, LEFT SHUFFLE FORWARD

33-34 Rock forward on right. Recover on left

35&36 Step back right, bring left back next to right. Step back right

37-38 Rock back on left. Recover on right

39&40 Step forward left, bring right next to left. Step forward left

#### SIDE CHASSE, ROCK BACK, SIDE CHASSE, SAILOR STEP

41&42 Step right to right side. Step left next to right. Step right

43-44 Rock back on left. Recover on right

45&46 Step left to left side. Step right next to left. Step left.

47&48 Step right behind left. Step left. Step on right

#### PART B - CHORUS - 32 counts

## ROCK, RECOVER, SIDE CHASSE (CHA-CHA-CHA)

1-2	Cross/rock left	over right.	recover	onto right

3&4 Step left in place, step right in place, step left in place

5-6 Cross/rock right over left, recover on to the left

#### CROSSING WEAVE RIGHT, FLICK . STAMP, HEEL CLICKS/SPANISH ARMS

9-10	Cross left over right, step right to side
11-12	Cross left behind right, step right to side

13-14 Flick right leg up (raising arms) Stamp right foot down

15-16 Click heels together – raise arms above head (Pasa Doble style)

### ROCK, RECOVER, SIDE CHASSE (CHA-CHA-CHA)

17-18	Cross/rock left over right, recover onto right
19&20	Step left in place, step right in place, step left in place
21-22	Cross/rock right over left, recover on to the left
23&24	Step right in place, step left in place, step right in place

### CROSSING WEAVE RIGHT, FLICK . STAMP, HEEL CLICKS/SPANISH ARMS

25-26	Cross left over right, step right to side
27-28	Cross left behind right, step right to side
29-30	Flick right leg up (raising arms) Stamp right foot down
31-32	Click heels together – raise arms above head (Pasa Doble style)

#### PART C - INSTRUMENTAL - 32 counts

## CROSS ROCKS, SAILOR STEPS (TRAVELLING BACKWARDS)

1&2	Cross rock right over left. Recover on left. Step right
3&4	Cross rock left over right. Recover on right. Step left
5&6	Step right behind left. Step left. Step right to right side
7&8	Step left behind right. Step right. Step left to left side

#### MAMBO ROCKS, PRISSY WALKS x4

9&10	Rock forward on right. Recover on left. Step right next to left
11&12	Rock back on left. Recover on right Step left next to right.
13-14	Step right over left. Step left over right – with attitude (hands on hips)
15-16	Step right over left Step left over right – with attitude (hands on hips)

#### TRAVELLING KICK BALL CHANGE X 2, APPLEJACKS/TWIST HEELS

17&18	Kick right foot out. Step on ball of right. Step on left (travelling right)
19&20	Kick right foot out. Step on ball of right. Step on left (travelling right)
21&22	Twist heels right. Twist toes right . Twist heels right
23&24	Twist heels left. Twist toes left. Twist heels left

## HEEL JACKS, KICK, UNWIND, HIP BUMP, HOLD

& 25	Jump back on right foot. Point left heel out
& 26	Bring left foot in place. Point right heel out
&27-28	Bring right foot in place. Kick left foot out
29-30	Cross left over right Unwind 1/4 turn right
31-32	Right Hip Bump. Hold (splaying hands out)

TAG: End of the 3rd Wall Hold for 12 counts doing anything you like with attitude...shaking, twerking, twirling on the spot.

#### THE END

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