

So Feisty

拍數: 80 牆數: 4 級數: Phrased Advanced
編舞者: Scott Blevins (USA) & Tajali Hall (CAN) - May 2014
音樂: Feisty - Jhameel : (Album: Lion's Den)



16 count intro to start with the lyric "Tell" on count 1

Sequence: A – A with variation – last 16 of A – B – B – A – A

Pattern A - 48 counts:

[1–8] WALK, WALK, STEP, PIVOT, 3/8 LEFT, BEHIND, 1/4 RIGHT, FORWARD, ROCK, OUT, OUT

- 1-2 1) Step R forward on a diagonal toward 11:00; 2) Step L forward on a diagonal toward 11:00
3&4 3) Step R forward on a diagonal toward 11:00; &) Turn 1/2 left taking weight on L; 4) Turn 3/8 left stepping R to right [12:00]
5&6 5) Step L behind R; &) Turn 1/4 right stepping R forward [3:00]; 6) Step L forward
7&8 7) Rock R Forward; &) Recover to L as you step L slightly to left and start pushing hips to left and back; 8) Step R to right as you rotate hips to right

[9-16] ROCK, RECOVER, SIDE, ROCK, 1/4 RECOVER, 1/4 STEP, CHASE TURN, ROCK, 1/4 RECOVER, FORWARD

- 1&2 1) Rock L across R; &) Recover to R; 2) Step L to left
3&4 3) Rock R across L; &) Turn 1/4 right as you recover to L; 4) Turn 1/4 right stepping R forward [9:00]
5&6 5) Step L forward; &) Turn 1/2 right taking weight on R; 6) Step L across R [3:00]
7&8 7) Rock R to right; &) Turn 1/4 left as you recover to L; 8) Step R forward [12:00]

[17-24] STEP, PIVOT, STEP, 1/2 LEFT, 1/2 LEFT, SHUFFLE FORWARD, CHASE TURN

- 1-2-3-4 1) Step L forward; 2) Turn 1/2 right taking weight on R; 3) Step L forward; 4) Turn 1/2 left stepping R back [12:00]
a5&6 a) Turn 1/2 left; 5&6) Triple forward L-R-L [6:00]
7&8 7) Step R forward; &) Turn 1/2 left taking weight on L; 8) Step R forward [12:00]

[25-32] 1/2 RIGHT, 1/2 RIGHT, BOOGIE WALK, MAMBO, BEHIND, SIDE, FORWARD, CROSS

- 1-2 1) Turn 1/2 right stepping L back; 2) Turn 1/2 right stepping R forward
3&4 3) Step ball of L forward pushing hip and knees to left; &) Step ball of R forward pushing hip and knees to right; 4) Step ball of L forward pushing hip and knees to left
5&6 5) Rock R forward; &) Recover to L; 6) Step R back
7&8& 7) Step L behind R; &) Step R to right; 8) Step L forward; &) Step R across L

[33-40] OUT, OUT, SHUFFLE FORWARD, MAMBO 1/2, SIDE, TORQUE

- 1-2-3&4 1) Step L to left 2) Step R to right; 3&4) Triple forward L-R-L
5&6 5) Rock R forward; &) Recover to L; 6) Turn 1/2 right stepping R forward [6:00]
7-8 7) Step L to left; 8) Touch R to right while bending L knee slightly and torque upper body to L

[41-48] 1/4 RIGHT, 1/4 RIGHT, BEHIND, 1/4 LEFT, STEP, PIVOT, 1/4 LEFT, BEHIND, SIDE, DIAGONAL

- 1-2-3-4 1) Turn 1/4 right stepping R forward [9:00]; 2) Turn 1/4 right stepping L to left [12:00]; 3) Step R behind L; 4) Turn 1/4 left stepping L forward [9:00]
5&6 5) Step R forward; &) Turn 1/2 left taking weight on L [3:00]; 6) Turn 1/4 left stepping R to right [12:00]
7&8 7) Step L behind R; &) Step R to right; 8) Step L forward on a diagonal toward 1:00

Pattern B - 32 counts:

NOTE: You will be facing the original 9 O'clock wall when you do both B's. For learning purposes we will use the original clock.

[1-8] ROCK, RECOVER, BEHIND, SIDE, ANGLE, ROCK, RECOVER, SIDE, CROSS TRIPLE

- 1-2 1) Rock R forward on a diagonal toward 7:00; 2) Recover to L
3&4 3) Step R behind L; &) Step L to left squaring up to 9:00; 4) Step R forward on a diagonal toward 11:00
5&6 5) Rock L forward on a diagonal toward 11:00; &) Recover to R; 6) Step L to left squaring up to 9:00
7&8 7) Step R across L; &) Step ball of L to left; 8) Step R across L

[9-16] ROCK, RECOVER, CROSS, ¼ LEFT, ¼ LEFT, SAILOR, TOUCH, STEP, TOUCH, STEP

- 1-2 1) Rock L to left; 2) Recover to R
3&4 3) Cross L over R; &) Turn ¼ left stepping R back [6:00]; 4) Turn slightly less than a ¼ left stepping L to left [3:00]
5&6 5&6) Sailor step R-L-R, squaring up to 3:00
&7&8 With knees slightly bent □&) Touch L beside R, 7) Step L to left; &) Touch R beside L; 8) Step R to right

[17-24] BALL, CROSS, ¼ RIGHT, ¼ RIGHT, FORWARD, CHASE TURN, FULL TURN TRIPLE

- &-1 &) Step ball of L beside R; 1) Step R across L
2-3-4 2) Turn ¼ right stepping back on L [6:00]; 3) Turn ¼ right stepping R forward [9:00]; 4) Step L forward
5&6 5) Step R forward; &) Turn ½ left taking weight on L [3:00]; 6) Step R forward
7&8 7) Turn ½ right stepping L back; &) Turn ½ right stepping R forward; 8) Step L forward [3:00]

[25-32] PIVOT, FORWARD, MAMBO, BACK, BACK, COASTER STEP

- 1-2 1) Turn ½ right taking weight on R [9:00]; 2) Step L forward
3&4 3) Rock R forward; &) Recover to L; 4) Step R Back and directly behind L
5-6 5) Step L back and directly behind R; 6) Step R back and directly behind L

NOTE: When doing counts 4-5-6 think of walking backwards on a tightrope.

- 7&8 7) Step L back; &) Step R beside L; 8) Step L forward on a diagonal toward 7:00

A with variation: You will dance Pattern A as written through count 47&. On count 48 you will turn ¼ right on R foot and touch L beside R. You will be facing the original 6 O'clock wall.

Now you will dance the last 16 counts of Pattern A.

Begin Again and Enjoy!

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