

No Sweat Chet

Count: 0

Wand: 2

Ebene: Intermediate

Choreograf/in: Su Marshall (NZ)

Musik: Ode to Chet - Clint Black



Sequence: A, TAG, ABA, ABA, BA, BA

PART A

WALK RIGHT FOOT OUT, HOLD, HEEL & TURN, HOLD, TOE DOWN, HOLD

1 (Weight over left foot) leave right toe in place & move right heel to side

2 Leave heel in place & move toe to side

3 Leave toe in place & move heel to side

Your right foot should have "walked" out to right side

4 Hold

5-6 lift right toe off ground & to right side (head & shoulders should also face right side), hold

7-8 Lower toe to ground & facing front (head & shoulders also), hold. (weight should be centered)

WALK LEFT FOOT IN, HOLD, HEEL & TURN, HOLD, TOE DOWN, HOLD

1 (Weight over right foot) leave left heel in place & move left toe to right side

2 Leave toe in place & move heel to side

3 Leave heel in place & move toe to side

Your left foot should have "walked" in to meet the right foot

4 Hold

5-6 Lift left toe off ground & to left side (head & shoulders should also face left side), hold

7-8 Lower toe to ground & facing front (head & shoulders also), hold

CROSS TOE STRUT, HEEL STRUT, CROSS TOE STRUT, HEEL, HOLD

1-2 Step right toes across left foot, step down on whole of right foot (crossing "toe strut")

3-4 Step left heel to left side, step down on

5-6 Whole of left foot (side "heel strut") crossing toe strut with right

7-8 Tap left heel to left side, hold

CROSS BEHIND, STEP, HEEL TAP SIDE, HOLD, CROSS BEHIND, HEEL TAP SIDE, CLOSE

1-2 Cross left behind right, step down onto right

3-4 Tap left heel to left side, hold

5-6 Cross left behind right, step down onto right

7-8 Tap left heel to left side, close left to right

Head should look to left when heel is out & whole move should happen basically on the spot

PART B

The holds are to "slow" it down to ½ time

STEP, HOLD, ¼ TURN, HOLD (WITH ARMS), STEP, HOLD, CLOSE, HOLD

1-2 Step forward on right (right arm goes straight out in front, palm up), hold

3-4 ¼ turn to the left (transferring the weight to left), (right arm stays where it is, i.e. Ends up out to right side, while hand flips over & up into "stop" position, head is looking to right side), hold

5-6 Step forward on right (arm comes back to normal position, head to face front), hold

7-8 Close left to right, hold

STEP, HOLD, ¼ TURN, HOLD (WITH ARMS), STEP, HOLD, CLOSE, HOLD

1-8 Repeat previous 8 counts as above

SLOW ROLLING TURN WITH CLAP, SIDE, HOLD, SLIDE, HOLD, SIDE, HOLD, SLIDE, HOLD

1-2	¼ turn to the left & step forward onto left, hold
3-4	½ turn to the left & step back on right, hold
5-6	¼ turn to the left & step left to side, hold
7-8	Close right to left & clap, hold
9-10	Step right to side (arms at sides & tilt shoulders down to right slightly), hold
11-12	Slide left foot to close (straighten shoulders up again), hold
13-16	Repeat these last 4 counts

1-16 Repeat first 16 counts of Part B

ROCK, RECOVER, CLOSE, HOLD, ROCK, RECOVER, CLOSE, HOLD, SCOOT BACK WITH TOE TAP, HOLD, SCOOT BACK, HOLD, STEP BACK, STEP, CLOSE, HOLD

1-2	Step-rock left to side, rock back onto right
3-4	Close left, hold
5-6	Step-rock right to side, rock back onto left
7-8	Close right, hold
&9-10	Hop back on left foot & tap right toe behind (keeping close to ground - "scoot" with toe tap), hold
&11-12	Repeat scoot with toe tap, hold
13-14	Step back on right & tap left heel forward, step forward onto left
15-16	Close with right, hold

TAG

STEP, ½ TURN, STEP, ½ TURN, JUMP SIDE, CLICK

1-2	Step forward on right, ½ turn to the left on ball of left foot (these 2 counts form a "pivot" turn)
3-4	Repeat pivot turn
5-6	Jump to right side (keeping it small & leading with right foot), click both sets of fingers at about waist height. (or whatever is comfy for you)
