Hot Memories

拍数: 32

级数: Beginner

编舞者: Pat Newell (USA) - December 2015

音乐: Memories to Burn - Teea Goans

Senior Dancing Series

Learning: Struts with variation, rocking chair, pivot

Intro: 16 counts - Start on vocals

TOE HEEL STRUTS RIGHT, LEFT, STRUT RIGHT, TAP R HEEL 3 TIMES

- R toe, heel, L toe, heel (angle out R and L), 1-4
- 5-8 R toe, tap R heel 3 times (weight on R on count 8)

TOE HEEL STRUTS LEFT, RIGHT, STRUT LEFT, TAP L HEEL 3 TIMES

- L toe, heel, R toe, heel (angle out L and R) 1-4
- 5-8 L toe, tap L heel 3 times (weight on L on count 8)

8 COUNT ROCKING CHAIR

- Rock R fwd, recover on L, rock R back, recover on L 1-4
- 5-8 Rock R fwd, recover on L, rock R back, recover on L

1/2 PIVOT LEFT , WALK WALK, 4 COUNT ROCKING CHAIR

- 1-4 Step forward on R, turn 1/2 L (wt on L), 2 steps forward
- 5-8 Rock forward on R, recover on L, rock back on R, recover on L

Begin Again

DANCE FOR THE HEALTH OF IT

Choreographed by Pat Newell 12-20-15





墙数:2