So Just Dance



拍数: 64 墙数: 2 级数: Intermediate 编舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - May 2016 音乐: CAN'T STOP THE FEELING! - Justin Timberlake: (iTunes)



Start time. 16 count intro. On vocals

RIGHT LOCK 1/2 HEEL HOLD. & RIGHT LOCK 1/4 HEEL HOOK STEP.

1-2&3-4. Step fwd on R, starting to make 1/2 turn L step L behind R, finish making the 1/2 turn L by stepping back on R, dig L heel fwd, hold. (6)

&5-6&7&8 Step back on L, step fwd on R, lock L behind R, making 1/4 turn L step back on R, dig L heel fwd, hook L in front of R, step down on L.(3)

DOROTHY STEPS R DIAGONAL, LEFT DIAGONAL, SWAY FOR 4

1-2&3-4& Step R to R diag', lock L behind R, step R to R diag'. Repeat to L diag'.

5-6-7-8 Step R to R side and sway RLRL (styling option. As you sway bend knees and come up! Down, down, up, up!)* (3)

*(Restart wall 3 with step change. See below)

OVER BACK BALL CROSS STEP. 1/4, TRIPLE 1/2. SHUFFLE

1-2&3-4 Cross R over L, step back on L, step R to R side, cross L over, make 1/4 turn L stepping back on R. (12)

5&6-7&8 Triple 1/2 turn over L shoulder (1/2 shuffle L), R shuffle fwd. (6)

ROCK FWD REPLACE & ROCK FWD REPLACE. OVER SIDE BEHIND SIDE CROSS.

1-2&3-4& Rock fwd on L, replace weight to R, small step back on L, rock fwd on R, replace weight to L, small step back on R.

5-6-7&8 Cross L over R, step R to R side, cross L behind R, step R to R side, cross L over R. (6)

HINGE 1/4. 1/4, CROSS SHUFFLE. SIDE ROCK REPLACE.BEHIND SIDE CROSS.

1-2-3&4 Make 1/4 turn L stepping back on R, make further 1/4 turn L stepping L to L side, cross shuffle R over L.

5-6-7&8 Side rock L, replace weight to R, cross L behind R, step R to R side, cross Lover R. (12)

HINGE 1/4. 1/4, CROSS SHUFFLE. TO L DIAGONAL ROCK REPLACE, COASTER TURN

1-2-3&4 Make 1/4 turn L stepping back on R, make further 1/4 turn L stepping L to L side, cross shuffle R over L. (6)

5-6-7&8 Facing L diag' rock fwd on L, replace weight to R, L coaster step straightening up to side wall (3 o'clock).

CROSS ROCK REPLACE & CROSS ROCK REPLACE. BALL CROSS UNWIND 1/2 L. SHUFFLE BACK L

1-2&3-4 Cross rock R over L, replace weight to L, small step to R side on R, cross rock L over R, replace weight to R.

&5-6-7&8 Quick small step to L on L, cross R over L, unwind 1/2 turn L ending with weight on R, shuffle back on L. (9)

ROCK BACK R REPLACE. BALL CROSS 1/4 L. STEP SIDE. STEP L HOLD BALL STEP TAP BACK

1-2&3-4 Rock back on R replace weight to L, making 1/4 turn L step R to R side, cross L over R, step R in place next to L.

5-6&7-8 Step L to L side, hold, quick step R next to L, step L to L side, tap R toe back. (6)

Restart on wall 3 after 16 counts changing the sways. You will just be making 1/4 L as you sway. On the sways, sway R replace, make 1/4 turn L swaying to R then replace weight to L you will be facing 12 to start dance from the beginning.

TAG: On end of wall 6 there is a 4 count Tag facing the 6 o'clock wall.

ROCKING CHAIR

1-2-3-4 Rock fwd on R replace, rock back on R replace. Start Dance from the beginning.

ENDING: At the end of wall 7 you will be facing the front. There are 8 counts left. Do handbag!! Step R, touch L next to it clap up to R diag', step L, touch R next to it clap down in L diag'. Repeat! You get the idea. Just have fun with the ending. Thanks for looking. Xx

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