

Contact

拍数: 32 墙数: 4 级数: Beginner
编舞者: William Sevone (UK) - November 2016
音乐: Contact - Edwin Starr : (many compilations - iTunes / Amazon)



Highly Recommended Alternate Music #1:- "I Cant Help Myself" (140bpm)... Donnie Elbert
Highly Recommended Alternate Music #2:- "My man, a sweet man" (144 bpm)...Millie Jackson
Choreographers note:- No Phrasing, Tags or Restarts - Just go for it & have fun. ('Sweet Thing'- with variances)

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts on the vocals, feet together and weight on the left.

S1: 2x Soft Shoe Shuffle (detailed at foot of script). Walk Fwd: R-L. Rock. Recover (12:00)

- 1& 2 (On the spot) Step right slightly in front of left, step left back slightly, slide right back to left toe.
3& 4 (On the spot) Step left slightly in front of right, step right back slightly, slide left back to right toe.
5 – 6 Walk forward: Right. Left.
7 – 8 Rock forward onto right. Recover onto left.

S2: 1/4 Chasse. 1/2 Chasse. 1/4 Bwd Rock. Recover. Cross. Bwd (12:00)

- 9& 10 Turn ¼ right & Chasse right (RL-R) (3)
11& 12 Turn ½ right & Chasse left (LR-L) (9)
13 – 14 Turn ¼ right & rock backward onto right. Recover onto left.
15 – 16 Cross right over left. Step backward onto left.

S3: 2x Fwd Shuffle. Rock. Recover. Side Rock. Recover (12:00)

- 17& 18 Shuffle forward (RL-R)
19& 20 Shuffle forward (LR-L)
21 – 22 Rock forward onto right. Recover onto left .
23 – 24 Rock right to right side. Recover onto left.

S4: 3x Sailor. 3/4 Toe. Heel Drop-Arc (3:00)

(The following Sailors are moving backward)

- 25& 26 Step right behind left, step left to left side, step right slightly backward.
27& 28 Step left behind right, step right to right side, step left slightly backward.
29& 30 Step right behind left, step left to left side, step right slightly backward.
31 – 32 Turn ¾ left & step forward onto left toe. Drop left heel & arc right foot forward (ready for count 1).

DANCE NOTE

A (Left) Soft Shoe Shuffle – in detail.

1. Step the left foot in front of the right (the heel of the left is almost touching the toe of the right)
- &. Step backward onto the right foot.
2. Slide/step the left backward towards the right - to a foot position identical to count 1.