Ann's Dance

拍数: 32

级数: High Beginner

编舞者: Cheryl Levin (USA) - July 2019

音乐: Put a Woman in Charge (feat. Rosanne Cash) - Keb' Mo': (amazon)

HUSTLE FORWARD, R STEP BEHIND, L STEP BEHIND, R BACK COASTER

- 1-4 R step forward, L step forward, R step forward, L kick
- 5-8 L step back, R step back, coaster step (L step back, R step together, L step forward)

FUNKY VINE TO R, FUNKY VINE TO L (or regular vines R and L)

- R step to R side, L step behind R foot, R step with L heel touch to side, L step, R step 1-4
- 5-8 L step to L side, R step behind L foot, L step with R heel touch to side, R step, L step

R SHUFFLE FORWARD, L SHUFFLE FORWARD, 2 ¼ PADDLE TURNS TO THE L

- 1-4 Shuffle forward (step R, L, R), shuffle forward (step L, R, L)
- 5-8 2 Paddle turns to the L (R step forward, ¼ turn left, R step, ¼ turn left

R SHUFFLE FORWARD, STEP, HOLD, JAZZ SQUARE 1/4 TO R

- 1-4 Shuffle forward (step R, L, R), L step forward, hold
- 5-8 Jazz square (cross R over L, L step back, R step outward turning ¼, L step

SEQUENCE IS REPEATED ON NEXT WALL (4 WALL DANCE)

Last Update - 31 July 2019





墙数:4