Mission



拍数: 176 墙数: 2 级数: Phrased Intermediate Novelty

编舞者: Daniel Trepat (NL) & Roy Verdonk (NL) - July 2005 音乐: Mission Temple Fireworks Stand - Sawyer Brown



Sequence: A - Tag - AB - AB - BC - BBC

PART A

(1-8) Out-out, in-in, twice.

- 1 2 Step diagonally right fwd on right heel, Step diagonally left fwd on left heel
- 3 4 Step back on RF, Step back on LF
- 5 8 Repeat counts 1 till 4

(9-16) Vine right with scuff, vine left with scuff.

- 1 4 RF step to the right, LF cross behind RF, RF step to the right, Scuff with LF forward
- 5 8 LF step to the left, RF cross behind LF, LF step to the left, Scuff with RF forward

(17-24) Heel and toe taps, ½ pivot turn left, step, hold and clap.

- 1 4 Tap right heel forward twice, Tap right toe backwards twice
- 5 8 Step forward on RF, Make ½ turn left, Step forward on RF, Hold with clap

(25-32) Heel and toe taps, ½ pivot turn right, step, hold and clap.

1 - 8 Repeat counts 17 - 24 starting with left foot.

(33-40) Crazy jumps.

1 - 2	Jump with RF fwd. bend R.knee and LF backwards, Hold
3 - 4	Jump with LF fwd. bend L.knee and RF backwards, Hold
5	Jump with RF fwd. bend R.knee and LF backwards
6	Jump with LF fwd. bend L.knee and RF backwards
7 - 8	Jump together, Hold

(41-48) Right toe-heel swivel out and in, left toe-heel swivel out and in.

- 1 4 Swivel right toe out, Swivel right heel out, Swivel right heel in, Swivel right toe in
- 5 8 Repeat counts 41 till 44 with left foot

(49-56) Side, together, side, touch, side, together, side together.

1 - 4 Step LF to the left, Step RF next to LF, Step LF to the left, Touch RF next to LF
5 - 8 Step RF to the right, Step LF next to RF, Step RF to the right, Step LF next to RF

(57-64) Toe struts backwards.

1 - 2	Step on ball of RF backwards, Step down on RF and click your left fingers fwd
3 - 4	Step on ball of LF backwards, Step down on LF and click your right fingers fwd
5 - 6	Step on ball of RF backwards, Step down on RF and click your left fingers fwd
7 - 8	Step on ball of LF next to RF, Step down on LF and click your right fingers fwd

PART B

(1-8) Rockstep forward and back, twice with arm movements.

- 1 2 Rock forward with RF, Recover weight on LF, move your arms up and shake your hands
 3 4 Rock backwards with RF, Recover weight on LF, move your arms down and shake your hands
- 5 8 Repeat counts 1 till 4.

(9-16) Vine right, touch and clap, vine left with ¼ turn, scuff and clap.

1 - 2	RF step to the right - brush hands back past thighs, Cross LF behind RF - brush hands forward past thighs
3 - 4	RF step to the right - brush hands back past thighs, Touch LF next to RF and clap
5 - 6	LF step to the left - brush hands back past thighs, Cross RF behind LF - brush hands forward past thighs
7 - 8	Make 1/4 turn left and step LF forward, brush hands back past thighs, Scuff RF forward and clap
•	uts forward, toe struts to the right & left side.
1 - 2	Step forward on right toe, Step down on RF and click your fingers
3 - 4	Step on left toe next to RF, Step down on LF and click your fingers
5 - 6	Step on right toe to the right, Step down on RF and click your fingers
7 - 8	Step on left toe to the left, Step down on LF and click your fingers
(25-32) Jump to	gether, jump ¼ left, stomp, hold, ¼ turn left, stomp, hold.
1 - 2	Jump together, bend through your knees and Come up, move your right arm up and left arm down
3 - 4	Jump 1/4 turn left, bend through your knees and Come up, move left arm up and right arm down
5 - 8	Stomp RF forward, Hold, Stomp LF forward, Hold
•	turn, step forward, hold and clap, pivot ½ turn, step forward, hold and clap.
1 - 2	Step RF forward, Make 1/2 turn left
3 - 4	Step RF forward, Hold and clap
5 - 6	Step LF forward, Make 1/2 turn right
7 - 8	Step LF forward, Hold and clap
(40-48) Swivel t	o the right, hold and clap, swivel to the left, hold and clap.
1 - 2	Swivel heels to the right, Swivel toes to the right
3 - 4	Swivel heels to the right, Hold and clap
5 - 6	Swivel heels to the left, Swivel toes to the left
7 - 8	Swivel heels to the left, Hold and clap
PART C	
•	with runningman steps in slowmotion.
1 - 4	Step on ball of RF 1/8 turn to the left, Hold, Step down on RF and push LF backwards, Hold
4 - 8	Step on ball of LF 1/8 turn to the left, Hold, Step down on LF and push RF backwards, Hold
9 - 32	Repeat counts 1 till 8 another 3 times.
•	Chaplin moves in slowmotion.
1 - 4	Hitch right knee to the right side, Hold, Step RF across LF, Hold
5 - 8	Hitch left knee to the left side, Hold, Step LF across RF, Hold
9 - 16	Repeat counts 33 till 40
	d, hold, fingerclicks, hold, ½ turn left, hold, fingerclicks, hold.
1 - 4	Step RF forward, Hold, Click your fingers, Hold
5 - 8	Make ½ turn left, Hold, Click your fingers, Hold
(57-64) Walks fo	orward going down and coming up, shimmy shoulders.
1 - 4	Step forward, right, left, right, left at the same time going lower and lower, move your head fwd and back
5 - 6	Step forward, right, left at the same time coming up, move your head fwd and back
7 - 8	Step in place right, left with shimmy shoulders.
TAG	
1 - 2	Move your right thumb twice over your right shoulder

3 - 4	Move your left thumb twice ove	r your left shoulder
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Have fun.