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拍数: 112 墙数: 2 级数: Phrased Intermediate / Advanced 编舞者: Luana Rossi (IT) - June 2025 音乐: Songs we were singing - The 615 House-Graham Barhman & Pyton Smith Part A(32 counts)-Part B(32 counts)-Part C(48 counts)-Tag 1(24 counts)-Tag 2(24 counts)-Tag 3final(16 counts) Sequence: A-B-A-B-Tag1-A-Tag2-B-Tag3final Part A: 32c Counts 1–2: Side Rock R (recover weight on L) Step right foot to the right side, transferring weight onto it. Push off the right foot and shift weight back onto the left foot, returning to center. Keep upper body controlled and upright. Counts 3&4: Shuffle R forward Step forward with right foot. Step left foot next to right (a small step). Step forward again with right foot, maintaining a light bounce. Counts 5–6: Rock L forward (recover back on R) Step forward with the left foot and slightly lean forward, bending both knees. Push off left and rock weight back onto right foot. Keep torso stable. Counts 7&8: Pivot ½ turn to L on R – Mambo-Step L – Side-Step L Step forward with left foot begin pivoting on right. Complete a ½ turn to the left on the balls right foot. Step left foot to the left, preparing for next movement. Keep weight on the L. Counts 9&10: Voudeville R Cross right foot over left. Step back and to the side on the left foot. Touch right heel diagonally forward. Keep upper body centered. Counts 11&12: Shuffle-Cross to R Step right to the side. Step left beside right. Cross right foot over left. Counts 13-14: Side-Jump to R (Touch L) / Side-Jump to L (Touch R) Jump or step quickly to the right side, landing on right foot. Immediately touch left foot beside right (no weight). Jump or step to the left side, landing on left foot. Touch right foot beside left (no weight). Counts 15-16: Rock-Back R (recover on L) - Scuff R Step back on right foot, slightly lean back. Recover weight onto left foot, then scuff (brush) right foot forward slightly off the floor. Repeat Section ☐ Counts 17–18: Side Rock R (recover on L) • 17: Step right foot to the right side. • 18: Rock back to the left foot. Same as counts 1-2. ☐ Counts 19&20: Shuffle R forward • Repeat counts 3&4 as above. Right shuffle forward. ☐ Counts 21–22: Rock L forward (recover back on R)

☐ Counts 25&26: Voudeville R

Repeat counts 9&10. Right Voudeville.

Repeat counts 5–6. Forward rock on left.

☐ Counts 23&24: Pivot ½ turn to L – Mambo L – Side Step L

• Repeat counts 7&8. Pivot and mambo to left side.

☐ Counts 27&28: Shuffle-Cross to R Repeat counts 11&12. ☐ Counts 29–30: Side-Jump to R (Touch L) / Side-Jump to L (Touch R) • Repeat counts 13–14. ☐ Counts 31–32: Rock-Back R (recover on L) – Scuff R • Same as counts 15–16. End with a scuff, preparing for next section. PART B: 32c Counts 1&2& – Side Rock to R (syncopated) 1 Step right foot to the side, transferring weight. & Recover weight onto the left foot. 2 Step right foot to the side again. Recover onto the left. (Optional body styling: use a bounce or slight hip accent.) Counts 3–4 – Side Rock L with a Stomp R 3 Step left foot to the left side. Recover onto the right foot and immediately stomp left foot beside the right (no weight). Counts 5&6 - Full Turn to R Forward 5 Step forward on right foot, beginning a clockwise turn. & Pivot ½ right, stepping back on left. 6 Pivot another ½ right, stepping forward on right. Complete a smooth 360° right turn. Counts 7-8 - Jump Forward - Sweevet to R Jump forward landing on both feet, hip-width apart. Twist heels → toes → heels to the right (sweevet). Let the torso groove with the twist. 8 Counts 9–10 – Kick-Ball-Step-Back R Kick right foot forward. & Step ball of right foot back and slightly behind. 10 Step left foot back. Maintain a rhythmic bounce in your knees. Counts 11–12 – Kick-Ball-Step-Back R (repeat) 11 Kick right foot again. & Step ball of right foot slightly back and behind. 12 Step left foot back again. Keep styling sharp and energetic. Counts 13&14 - Full Turn to R Backward 13 Step right foot back, starting a full clockwise turn. & Step forward on left, continuing the turn. 14 Step back on right, completing the full 360° rotation. Use arms for balance. Counts 15–16 – Jump Forward – Sweevet to R (repeat) Jump forward landing on both feet. 15 16 Execute another sweevet to the right (heels → toes → heels). Counts 17–18 – Side Step R – Cross L Behind Step right foot to the right. 17 18 Cross left foot behind right, transferring weight. This sets up for the heel accent. Counts 19&20 - Heel L - Cross R Over L - Recover L Touch left heel diagonally forward. 19 & Cross right foot over left quickly. 20 Recover weight onto left foot. Keep the action snappy and rhythmic. Counts 21&22 - Chassé to L 21 Step left foot to the left. & Step right foot next to left. 22 Step left foot to the left again. Light triple-step, traveling sideways. Counts 23-24 - Pivot ½ R on R - Long Step R, Slide L & Stomp 23 Step forward on right and pivot ½ right (clockwise). 24 Step right foot to right side with a long slide. Drag left foot in and stomp beside right (weight on right). Make this dramatic and sharp. Counts 25–26 – Stomp-Up R – Kick R Forward

Stomp right foot beside left (no weight).

Kick right foot forward with energy. Optional arm styling for flair.

25 26

Counts 27&28 - Coaster Step R

27 Step right foot back.

& Step left foot beside right.

28 Step right foot forward. Smooth and controlled.

Counts 29-30 - Rock Forward on L - Recover on R

29 Step forward on left foot, leaning slightly forward.

30 Rock back onto right foot.

Counts 31&32 - Shuffle Forward L with ½ Turn to L

31 Step forward on left foot.

& Step right foot next to left, begin turning.

32 Step forward on left foot to complete ½ turn left. Maintain control and prepare for the next

section.

PART C: 48c

Counts 1-2: Side Step R - Flick L with 1/4 Turn L + Handclap

1 Step right foot to right side.

2 Flick left foot behind you as you rotate ¼ turn to your left. Clap hands at shoulder height for

emphasis.

Counts 3-4: Side Step L - Flick R with 1/4 Turn L + Handclap

3 Step left foot to left side.

4 Flick right foot behind as you rotate ¼ turn to your left. Add another handclap.

Counts 5-6: Repeat Step-Flick-Rotation with Clap

5 Step right to side.

6 Flick left behind, turn ¼ left, and clap.

Counts 7-8: Repeat to L with Flick R and 1/4 Turn L

7 Step left to side.

8 Flick right behind, rotate ¼ left, and clap.

Counts 9-10: Long-Step Back R Diagonal - Touch L

9 Step right foot diagonally back to right corner.

Touch left foot beside right (no weight). Keep knees soft.

Counts 11-12: Long-Step Back L - Heel Touch R

11 Step left foot diagonally back to left corner.

Touch right heel next to left foot. This should be grounded and intentional.

Counts 13&14: Sailor Step R

13 Step right foot behind left.

& Step left to left side.

14 Step right foot slightly forward. Maintain bounce and control.

Counts 15&16: Sailor Step R turning ½ to L

15 Step right behind left, beginning ½ turn to the left.

& Step left slightly to left side during the turn.

Step right slightly forward, finishing the ½ turn left.

Counts 17–24: Repeat Counts 1–8 (Side Steps + Flicks with ¼ L Turns & Claps)

17–18 Step R, Flick L + ¼ L Turn with clap 19–20 Step L, Flick R + ¼ L Turn with clap 21–22 Step R, Flick L + ¼ L Turn with clap 23–24 Step L, Flick R + ¼ L Turn with clap

Counts 25-26: Repeat Diagonal Long-Step R - Touch L

Step diagonally back on right.Touch left beside right.

Counts 27–28: Long-Step L – Heel Touch R
27 Step diagonally back on left.
28 Touch right heel beside left.

Counts 29&30: Sailor Step R

Step right behind left.Step left to side.

30 Step right slightly forward.

Counts 31&32: Sailor Step R with 1/2 Turn L

31 Step right behind left (begin turn).

& Step left slightly to side.

32 Step right forward to finish ½ turn to the left.

Counts 33–34: Heel Switches L and R
33 Touch left heel forward.

34 Quickly switch and touch right heel forward. Keep upper body steady.

Counts 35&36: Heel R - Flick R (with Hand-Slap) - Stomp R

Touch right heel forward.

& Flick right foot backward and slap it with right hand.

36 Stomp right foot forward (take weight or keep it percussive).

Counts 37-38: Stomp R Outward - Pivot ½ L with Hook

37 Stomp right foot outward to the right (open).

38 Pivot ½ turn left on right foot and hook left foot in front of right shin (like a locking hook). Keep

upright posture.

Counts 39&40: Chassé to L

39 Step left to side.

& Close right beside left.

40 Step left to side. Light and traveling. Counts 41–42: Cross Rock R Over L – Recover on L

41 Cross right foot over left, shifting weight.

42 Rock back onto left foot. Maintain poise.

Counts 43-44: Toe Strut R with 1/2 Turn R

43 Step right toe forward with pressure.

44 Drop right heel to floor while turning ½ right. Maintain tension through body.

Counts 45–46: Toe Strut R with ½ Turn R (Repeat)

45 Step right toe forward again.

Drop heel, completing another ½ right turn. (Full turn total across 43–46.)

Counts 47-48: Long Step R - Stomp L Beside R

47 Step right foot to the side with a long stride.

48 Stomp left foot beside right. Strong ending punctuation.

TAG #1

Counts 1-2: Rock Forward on R - Recover on L

1 Step right foot forward, transferring weight and leaning slightly into it.

Recover weight back onto left foot. Keep it grounded and rhythmic.

Counts 3&4: Coaster Step R

3 Step right foot back.& Step left foot beside right.

4 Step right foot forward. This is a compact, syncopated movement—controlled and clean.

Counts 5-6: Rock Forward on L - Recover on R

5 Step left foot forward, transferring weight.

6 Rock back onto right foot. Maintain natural bounce.

Counts 7-8: Coaster Step L

7 Step left foot back.

& Step right foot beside left.

8 Step left foot forward. Light and fluid execution.

Counts 9&10: Kick R Out – Kick L Out (Syncopated)

9 Kick right foot diagonally outward to the right.

& Quickly bring right foot in and kick left foot diagonally outward to the left.

10 Recover or prep for next step (brief pause or optional center tap). Arms can mirror kicks for

style.

Counts 11–12: Jump Back R – Toe-Touch L Behind (Twice)

Jump back onto right foot and touch left toe behind right heel.

12 Repeat the same jump-touch combo. Maintain upper body poise and rhythm.

Counts 13-14: Rock Back on L (Double Rock)

13 Rock left foot back, shifting weight.

14 Rock back again or bounce/hold on left (interpretation may vary). Add styling with arms or

body lean

Counts 15&16: Walk Forward R – L – R (Triple Step)

Step right foot forward.Step left foot forward.

16 Step right foot forward. Think "cha-cha"-like rhythm here—tight and driving.

Counts 17–18: Rock Forward on L – Recover on R

17 Step left foot forward into a rock.

18 Recover weight back onto right foot. Control breath here before turning sequence.

Counts 19&20: Shuffle Forward L with ½ Turn L

Step left foot forward.Step right beside left.

20 Step left forward, turning ½ left. Use the triple rhythm to ease into the spin.

Counts 21–22: Full Turn to L (Traveling)

21 Step right foot forward and pivot ½ turn left.

22 Step left foot forward and pivot another ½ turn left to complete full rotation. Spot your head

and stay balanced.

Counts 23–24: Wide Rondé with R Turning ½ to L + Stomp R

23 Sweep (rondé) the right leg out and around in a wide arc, initiating a ½ turn to the left.

24 Close the move by stomping right foot down beside or slightly in front of left. Powerful finish;

stomp may carry percussive weight.

TAG #2

Counts 1-2: Rock Forward on R - Recover on L

1 Step right foot forward, shifting your weight into the movement with a slight lean.

2 Rock back onto left foot. Keep it relaxed and rhythmical.

Counts 3&4: Coaster Step R

3 Step right foot back.

& Step left foot beside right.

4 Step right foot forward. Smooth and compact — prepare for the next rock.

Counts 5-6: Rock Forward on L - Recover on R

5 Step left foot forward into a gentle rock.

6 Rock back onto right foot. Maintain control in the hips and upper body.

Counts 7-8: Coaster Step L

7 Step left foot back.

& Step right beside the left.

Step left forward. Use this to return to your center before the syncopated kicks.

Counts 9&10: Kick R Out – Kick L Out (Syncopated)

9 Kick right foot diagonally outward.

& Quickly switch feet and kick left foot outward to the left.

10 Return to center or hover. Keep knees bent and energy springy.

Counts 11–12: Jump Back R – Toe Touch L Behind (Repeat)

Jump back onto right foot, simultaneously touching left toe behind right heel.

Repeat the jump back with another left toe touch. Try to keep the movement tight and rhythmic.

Counts 13-14: Rock Back on L - Rock Again

13 Step left foot back, transferring weight.

Optionally, either rock again on left or pulse for attitude. This step can reflect a more

expressive moment in the music.

Counts 15&16: Step-Step-Stomp-Up

15 Step right foot forward.

& Step left foot forward, continuing momentum.

TAG 3 FINAL

Counts 1-2: Rock Forward on R - Recover on L

1 Step right foot forward with energy, slightly leaning into the motion.

2 Recover weight back onto left foot. Maintain a natural bounce and connection to the rhythm.

Counts 3&4: Coaster Step R

3 Step right foot back.

& Step left foot beside right.

4 Step right foot forward. Tight and grounded triple rhythm. Hips stay low and centered.

Counts 5-6: Rock Forward on L - Recover on R

5 Step left foot forward into a soft rock.

6 Rock back onto right foot. This sets up for the syncopated kicks.

Counts 7-8: Coaster Step L

7 Step left foot back.& Step right beside left.

8 Step left foot forward. Clean, smooth execution.

Counts 9&10: Kick R Out – Kick L Out (Syncopated)

9 Kick right foot diagonally outward to the right.

Quickly switch and kick left foot diagonally outward to the left.
 Recover or hover. Arms can match the kicks for visual effect.

Counts 11–12: Jump Back on R – Toe Touch L Behind (Twice)

Jump back onto right foot while touching left toe behind right heel.

12 Repeat the movement exactly another jump back and touch. Keep upper body tall and

expressive.

Counts 13-14: Rock Back on L - Rock Again

13 Rock back onto left foot with momentum.

Rock again (or use this beat for an extra pulse/styling). This creates a buildup before the final

accent.

Counts 15&16: Stomp R - Pivot ½ Turn R (Close Stomp L) - Stomp R

15 Stomp right foot down with intention (may carry percussive emphasis).

& Use the ball of the right foot to pivot ½ turn to the right, closing left foot beside right with a

sharp stomp.

Final stomp with right foot next to or slightly ahead of left—confident and bold, signaling the

end.