Now I Can Dance



拍数: 80 墙数: 2 级数: Improver

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音乐: Do You Love Me - The Contours



SECTION A

MASHED POTATOES BACK, RIGHT VINE 1/4 RIGHT TURN, STOMP 1 With wt on ball of left foot, turn both toes inward & lift right foot slightly off floor 2 Step back on right foot, turning both toes outward 3 With wt on ball of right foot, turn both toes inward & lift left foot slightly off floor 4 Step back on left foot, turning both toes outward 5-8 Right to right, left behind right, right forward 1/4 turn right, left stomp next to right

SWIVEL HEELS, TOES LEFT, RIGHT **VINE ¼ RIGHT** TURN, STEP 1-2-3-4 Swivel heels left, then toes left, for steps 3-4 repeat 1-2 5-8 Right to right, left behind right, right forward 1/4 turn right, left step next to right

MONTEREY ½ TURN RIGHT TWICE

1-2 Right toe touch side, turn ½ right & step on right next to left 3-4 Left toe touch side, left step next to right (weight on left) 5-8 Repeat 1-4

TOE STRUTS, 'ROCKING CHAIR'

1-4 Right toe touch back, snap down right heel, left toe touch back, snap down left heel 5-6-7-8 Step back right, rock onto left, step forward right, rock onto left

TOE STRUTS, 'ROCKING CHAIR'

1-4 Right toe touch back, snap down right heel, left toe touch back, snap down left heel 5-6-7-8 Step back right, rock onto left, step forward right, rock onto left

RIGHT VINE (OPTIONAL FULL TURN), TOUCH, LEFT VINE ½ TURN LEFT, STEP 1-2-3-4 Step

right to right, step left behind right, step right to right, touch left next to right 5-6-7-8 Step left to left, step right behind left, step forward left ¼ left, step right next to left turning ¼ left on left

SECTION B

JUMP BACK & HOLD TWICE, MONTEREY 1/2 **TURN RIGHT** 1-2 Bending knees slightly jump back on both feet with both palms pushing forward, hold 3-4 Repeat 1-2 5-6 Right toe touch side, turn ½ right & step on right next to left 7-8 Left toe touch side, left step next to right (weight on left)

JUMP BACK & HOLD TWICE, SHIMMY RIGHT, STEP

1-2 Bending knees slightly jump back on both feet with both palms pushing forward, hold 3-4 Repeat 1-2 5-7 Step long step right to right side, shimming shoulders (over 3 counts) 8 Step left next to right with a clap

JUMP BACK & HOLD TWICE, PIVOT ½ TURN LEFT TWICE

1-2 Bending knees slightly jump back on both feet with both palms pushing forward, hold 3-4 Repeat 1-2 5-6-7-8 Step right forward, pivot ½ turn left, twice

CROSS STEP, HOLD & CLAP 2, SIDE, HOLD & CLAP, TWICE 1&2-3-4 Right cross over left(1), hold & clap twice(&2), left to left(3), hold &clap(4) 5&6-7-8 Repeat 1&2-3-4