

Extra! Extra!

拍数: 0 墙数: 1 级数:
编舞者: Peter Metelnick (UK)
音乐: No News (Dance Mix) - Lonestar



Sequence: Dance is made up of 3 parts, Intro (I), Verse (A), Chorus (B). Start with I-4X, A-twice, B, I-twice, A-twice, B-6X. See note below. End with Part B (first 8 counts-left coaster step)
This dance is part of an award winning routine by London's Out of Line Dancers.

INTRO-PART I

RIGHT & LEFT APART, RIGHT & LEFT TOGETHER, RIGHT CROSS OVER, CLAP TWICE

1&2 Step right foot apart, step left foot apart, step right foot together, step left foot together
3&4 Cross touch right foot over left (keep weight on left foot), clap hands twice

VERSE -PART A

RIGHT FORWARD SHUFFLE, LEFT SIDE TOUCH, RIGHT SIDE TOUCH, RIGHT CROSS OVER TOE STEP, LEFT SIDE SHUFFLE

1&2 Forward shuffle (right, left, right)
3&4 Touch left toes to left side, step left foot together, touch right toes to right side
5-6 Cross right foot over left and touch right toes down, step right heel down
7&8 Side shuffle (left, right, left)

ROLLER-COASTER!, LEFT & RIGHT FORWARD SHUFFLES

1-2 Step right foot to right side turning $\frac{1}{4}$ right, turn $\frac{1}{2}$ right on left foot (now facing left side wall)
3&4 Step right foot back, step left foot together, step right foot forward
5-8 Forward shuffle (left, right, left), (right, left, right)

CHARLESTON KICK WITH $\frac{1}{2}$ RIGHT TURN, LEFT & RIGHT FORWARD SHUFFLES

1-4 Step left foot forward, kick right foot forward, touch right foot back, $\frac{1}{2}$ pivot turn right (weight on right foot) (now facing right side wall)
5-8 Forward shuffle (left, right, left), (right, left, right)

CHARLESTON KICK WITH $\frac{1}{2}$ RIGHT TURN, LEFT FORWARD SHUFFLE, RIGHT FORWARD, $\frac{1}{4}$ LEFT PIVOT TURN

1-4 Step left foot forward, kick right foot forward, touch right foot back, $\frac{1}{2}$ pivot turn right (weight on right foot) (now facing left side wall)
5&6 Forward shuffle (left, right, left)
7-8 Step right foot forward, $\frac{1}{4}$ pivot turn left (now facing rear wall)

CROSS KICKS, RIGHT CROSS OVER, UNWIND $\frac{1}{2}$ LEFT

1-4 Cross step right foot over left, kick left foot to left side, cross step left foot over right, kick right foot to right side
5-6 Cross right foot over left and step, unwind $\frac{1}{2}$ left (weight on left foot)(now facing front wall)
&7&8 Hop forward with right foot, hop left foot together, hop back with right foot, hop left foot together

RIGHT & LEFT KICK-TOGETHER-SIDE TOUCH, KICK-OUT-OUT, TURN HEEL, TOES, HEELS IN

1&2 Kick right foot forward, step right foot together, touch left foot to left side
3&4 Kick left foot forward, step left foot together, touch right foot to right side
5&6 Kick right foot forward, step right foot to right side, step left foot to left side (feet end up apart)
7&8 Turn heels together, turn toes together, turn heels together (weight is on left foot)

CHORUS-PART B

RIGHT FORWARD SHUFFLE, MEXICAN HAT DANCE, RIGHT SHUFFLE BACK, LEFT COASTER STEP

- 1&2 Forward shuffle (right, left, right)
- 3&4 Touch left heel forward, step left foot together, touch right heel forward
- 5&6 Back shuffle (right, left, right)
- 7&8 Step left foot back, step right foot together, step left foot forward next page!

¼ LEFT & SIDE SHUFFLE RIGHT, TURN ½ RIGHT & SIDE SHUFFLE LEFT, RIGHT SIDE SHUFFLE, ½ LEFT & LEFT SIDE SHUFFLE

- 1&2 Turning ¼ left-side shuffle right (right, left, right) (now facing left side wall)
- 3&4 Turning ½ right-side shuffle left (left, right, left) (now facing right side wall)
- 5&6 Shuffle right (right, left, right) (still facing right side wall)
- &7&8 Pivot ½ left on right foot, side shuffle left (left, right, left) (now facing left side wall)

RIGHT FORWARD SHUFFLE, MEXICAN HAT DANCE, RIGHT SHUFFLE BACK, LEFT COASTER (SAME STEPS AS IN COUNTS 1-8)

- 1&2 Forward shuffle (right, left, right)
- 3&4 Touch left heel forward, step left foot together, touch right heel forward
- 5&6 Back shuffle (right, left, right)
- 7&8 Step left foot back, step right foot together, step left foot forward

RIGHT FORWARD, ¼ LEFT PIVOT TURN-REPEAT 3X, STOMP RIGHT & LEFT TOGETHER

- 1-6 Step right foot forward, ¼ pivot turn left and clap, repeat 3x to return to front of hall
- 7-8 Stomp right foot together, stomp left foot together

At the end of the song, the chorus music repeats 6X in a row-which means you will do part B 6X. An interesting variation for this last section is to dance Part B as written the first time, and then the second time to dance the variation below. You will end up facing the right side wall before you do the last series of turns, which will bring you back to the front wall. You will always end part B facing forward. Follow this same sequence to finish the dance-Part B, Alternative B, Part B, Alternative B.

CHORUS-ALTERNATIVE PART B

RIGHT FORWARD SHUFFLE, MEXICAN HAT DANCE, RIGHT SHUFFLE BACK, LEFT COASTER STEP

- 1&2 Forward shuffle (right, left, right)
- 3&4 Touch left heel forward, step left foot together, touch right heel forward
- 5&6 Back shuffle (right, left, right)
- 7&8 Step left foot back, step right foot together, step left foot forward

¼ LEFT & SIDE SHUFFLE RIGHT, TURN ½ RIGHT & SIDE SHUFFLE LEFT, RIGHT SIDE SHUFFLE, FULL TURN LEFT & LEFT SIDE SHUFFLE

- 1&2 Turning ¼ left-side shuffle right (right, left, right) (now facing left side wall)
- 3&4 Turning ½ right-side shuffle left (left, right, left) (now facing right side wall)
- 5&6 Shuffle right (right, left, right) (note: you can start to prep for the next turn at the end of these steps-turn your body ¼ left on count 6)
- 7&8 Shuffle around ¾ to the left to face the right side all: (left, right, left) (facing right side wall again)

Easy no-spin option: Don't prep for turn on count 6 & just shuffle in place for 7&8. You'll still be facing right side wall

RIGHT FORWARD SHUFFLE, MEXICAN HAT DANCE, RIGHT SHUFFLE BACK, LEFT COASTER (SAME STEPS AS IN COUNTS 1-8)

- 1&2 Forward shuffle (right, left, right)
- 3&4 Touch left heel forward, step left foot together, touch right heel forward
- 5&6 Back shuffle (right, left, right)
- 7&8 Step left foot back, step right foot together, step left foot forward

RIGHT FORWARD, ½ LEFT PIVOT TURN-REPEAT TWICE, RIGHT FORWARD, ¼ LEFT PIVOT TURN, STOMP RIGHT & LEFT TOG

- 1-6 Step right foot forward, pivot $\frac{1}{2}$ left, step right foot forward pivot $\frac{1}{2}$ left, step right foot forward, pivot $\frac{1}{4}$ left (now facing front of hall)
- 7-8 Stomp right foot together, stomp left foot together

After completing part B 6 times, repeat the first 8 counts of part B to end the dance:

FINAL EDITION

RIGHT FORWARD SHUFFLE, MEXICAN HAT DANCE, RIGHT SHUFFLE BACK, LEFT COASTER STEP

- 1&2 Forward shuffle (right, left, right)
- 3&4 Touch left heel forward, step left foot together, touch right heel forward
- 5&6 Back shuffle (right, left, right)
- 7&8 Step left foot back, step right foot together, step left foot forward
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