

Chicago

拍数: 64 墙数: 1 级数: Improver
编舞者: Dari Anne Amato (USA)
音乐: Chicago - Frank Sinatra



Be careful not to get "Chicago-My Kinda Town" by Frank Sinatra

STEP, CROSS, STEP, CROSS

- 1-2 Step out to the right with right foot, hold
- 3-4 Cross left over right with the left foot taking the weight, hold
- 5-6 Step out on to the right foot, hold
- 7-8 Cross left over right with the left taking the weight, hold

Styling tip: allow arms to swing in front of you in opposition of your steps, this should be a fairly natural motion...think Broadway!

HEEL TAPS RIGHT, HEEL TAPS LEFT WITH JAZZ HANDS

- 1-2 Step right foot to right side and tap right heel without placing weight on it, heel comes up off the floor
- 3-4 Step down onto the right foot, hold
- 5-6 Tap left heel to the left side, heel comes up off the floor
- 7-8 Step down onto the left foot, hold

Arms / hands: your arms & hands (which are optional but very fun) will raise up over your head first to the right side then to the left while you heel tap. Tip: as you tap down on counts 1(to the right) and 5 (to the left) you will start your overhead arm raises up toward the ceiling with jazz hands

CROSS, STEP, CROSS, STEP

- 1-2 Cross right foot over left with right taking the weight, hold
- 3-4 Step out onto the left foot, hold
- 5-6 Cross right foot over left, hold
- 7-8 Step out onto the left foot, hold

Same arm swing as above

HEEL TAPS RIGHT, HEEL TAPS LEFT WITH JAZZ HANDS

- 1-2 Step right foot to right side and tap right heel without placing weight on it, heel comes up off the floor
- 3-4 Step down onto the right foot, hold
- 5-6 Tap left heel to the left side, heel comes up off the floor
- 7-8 Step down onto the left foot, hold

Arms / hands: your arms & hands (which are optional but very fun) will raise up over your head first to the right side then to the left while you heel tap. Tip: as you tap down on counts 1(to the right) and 5 (to the left) you will start your overhead arm raises up toward the ceiling with jazz hands

CROSS OVER, SIDE TOUCH, CROSS OVER, SIDE TOUCH

- 1-2 Cross right foot over left placing weight onto right foot, hold
- 3-4 Touch left foot out to left side, hold
- 5-6 Cross left foot over right placing weight onto left foot, hold
- 7-8 Touch right foot out to right side, hold

Arms: optional again but fun...with jazz hands, on the cross steps (1 & 5) your hands come into your waist. On the touches out to the side on counts 3 & 7, still with jazz hands, you open your arms from the elbow (as if they were swinging doors) so that your palms will end up facing out

STEP, HOLD, PIVOT, HOLD, STEP, HOLD, PIVOT, HOLD

- 1-2 Step forward onto right foot, hold

- 3-4 Pivot ½ turn on the right foot with weight ending forward onto the left foot, hold
5-6 Step forward onto the right foot, hold
7-8 Pivot ½ turn on the right foot with weight ending forward onto the left foot, hold

LUNGE FORWARD RIGHT, HOLD, LUNGE FORWARD LEFT, HOLD

- &1 Clap hands on the & of 1. Lunge slightly forward on the right foot (right arm will be straight out at waist level with left arm straight up behind your left ear)
2-3 Hold
4 Clap hands
5 Lunge slightly forward on the left foot (left arm will be straight out at waist level with right arm straight up behind your left ear)
6-7-8 Hold

JAZZ SQUARE WITH SIDE ROCKS

- 1-2 Cross right foot over left stepping onto the right, hold
3-4 Step back onto the left foot, hold
5-6 Step out to the right side on the right foot with your right hip rocking to the right, hold
7-8 Rock left hip to the left shifting weight onto the left foot, hold

REPEAT
