The Van Dance (aka Show Your Assets)

墙数: 4



拍数: 32

级数: Improver

编舞者: Jackie Miranda (USA), Ellen Kiernan (USA), Gina Mello (USA), Doug Miranda (USA), John Bowen & John Robi



音乐: Invisible - Keahiwai : (CD: Dangerous)

Alternate Music: Old Time Rock & Roll by Bob Seger

ROCK FWD, RECOVER, COASTER STEP;ROCK FWD, **RECOVER**, ½ **TURN L** SHUFFLE FORWARD 1-2 Rock forward R (1), recover to L (2) 3&4 Step back R (3), step L next to R (&), step fwd R (4) 5-6 Rock fwd L (5), recover to R (6) 7&8 Make a 1/2 turn L (to 6:00) and shuffle forward L (7), R (&), L (8) TRAVELING

SIDE KICK-BALL-CROSS 2X; SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS 1&2 Kick R diagonally forward (towards 7:30) (1), step down on ball of R (&), step L across R (2) diagonally forward (towards 7:30) (3), step down on ball of R (&), step L across R (4) 5-6 Side rock R to right side (5), recover to L (6) 7&8 Step R behind L (7), step L to left side (&), step R across L (8) DIP, POINT, DIP, POINT; 1/4 RIGHT MODIFIED MONTEREY TURN Choreographers 'note: We affectionately call counts 1-4 the "mooning" section. Stick your rear-end out as you sway and shift weight. 1-2 Bending knees slightly, dip/sway as you shift weight to L (1), point R toe to right diagonal (2) 3-4 Bending knees slightly, dip/sway as you shift weight to R (3), point L toe to left diagonal (L toe remains close to R) (4) 5-6 Straighten up and point L to left side (5), step L next to R (6) 7-8 Point R to right side (7), step R next to L making 1/4 turn right (now facing 9:00) (8)

3&4 Kick R

POINT FWD, POINT SIDE. BEHIND, SIDE, CROSS; SIDE HOP, L BUMP, SIDE HOP, L BUMP 1-2 Point L toe forward (1), point L toe to left side (2) 3&4 Step L behind R (3), step R to right side (&), step L across R (4) &5-6 With a little hop, step R to right side (&), step L next to right (5), bump hips to L side shifting weight left (6) Styling: Wave hands over your head from right (5) to left (6), snapping fingers if you wish &7-8 With a little hop, step R to right side (&), step L next to right (7), bump hips to L side shifting weight left (8) Styling: Wave hands over your head from right (7) to left (8), snapping fingers if you wish

START AGAIN AND ENJOY!

4-COUNT TAG

At end of 6th wall (facing back), add a 4count tag:

&1-2 With a little hop, step R fwd (&), step L next to R (1), bump hips to L side shifting weight left (2) Styling: Wave hands over your head from right (1) to left (2), snapping fingers if you wish &3-4 With a little hop, step R back (&), step L next to R (3), bump hips to L side (4) Styling: Wave hands over your head from right (3) to left (4), snapping fingers if you wish