

Headlines

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Michael Lynn (UK) - November 2007
音乐: Headlines (Friendship Never Ends) - Spice Girls : (3:27)



(Start on the word "time", 70bpm)

RIGHT SIDE STEP, ROCK RECOVER, WEAVE LEFT, CROSS, UNWIND FULL TURN/SWEEP, WEAVE RIGHT

1-2& Large step right to right side, cross rock left behind right, recover right,
3-4& Step left to left side, cross right behind left, step left to left side,
5-6& Cross right over left, unwind full turn over left shoulder, sweep left,
7&8 Continue the left sweep behind right, step right to right side, cross left over right.

MAKE 1/4 TURN LEFT, STEPS x2, FULL TRIPLE TURN RIGHT, PIVOT 1/2 TURN, STEP, RIGHT ROCK, RECOVER LEFT, SWEEP RIGHT, SWEEP LEFT

1&2 Step right 1/4 left back, step forward left, step forward right,
3&4& Full triple turn over right shoulder, stepping left, right, left, pivot 1/2 turn right,
5-6& Step forward left, rock forward right, recover left,
7-8 Sweep right behind left, sweep left behind right.

ROCK RECOVER RIGHT, 1/2 TURN LEFT, ROCK RECOVER LEFT, 1/2 TURN RIGHT, SAILOR 1/2 TURN, 1/4 MAMBO TOUCH

1-2& Rock right back, recover left, make 1/2 turn left stepping back on right,
3-4& Rock left back, recover right, make 1/2 turn right stepping back on left,
5&6 Cross step right behind left making 1/4 turn to right, step left next to right making 1/4 turn to right, step forward on right,
7&8 Rock forward left, recover right, touch left 1/4 left.

STEP-HOOK FORWARD & BACK, STEP, SWEEP 1/2 TURN, BOTA FOGO, BOTA FOGO 1/2 TURN

1&2& Step forward left, hook right behind left knee, step back right, hook left over right shin,
3-4 Step forward left, sweep right 1/2 turn left to bring right beside left (keeping weight on left),
5-6& Cross right over left, step left to left side, step right in place,
7-8& Cross left over right, 1/4 turn left stepping back on right, 1/4 turn left stepping left to side.

Begin again

TAG (Only with alt music)

CROSS, 1/4 TURN TOUCH, 1/4 TURN TOUCH, 1/4 TURN TOUCH, STEP, TOUCH

1-2 Cross right over left, touch left 1/4 turn right,
3-4& Touch left 1/4 turn right, touch left 1/4 turn right, step onto left touching right beside left.

Alt Music: "7 Days (03:27)" by Helena Paparizou Album: "The Game Of Love" by Helena Paparizou
(16 count intro, 60bpm) The alt music is slower, with a rockier edge.

If using this track the dance is turned into a 4 wall dance.

A tag is needed after every 32 counts & a Restart is on wall 5, after 16 counts.