

On Your Marks!

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Gaye Teather (UK) - March 2008
音乐: Five Jeans Jackets (Are Ready to Go) - The Lennerockers : (CD: Wild, Wild, Wild)



Dance rotates in CW direction
(16 count intro)

Side Right. Hold. Back rock. Side Left. Hold. Back rock

1 – 4 Step Right to Right side. Hold. Rock back Left behind Right. Recover onto Right
5 – 8 Step Left to Left side. Hold. Rock back Right behind Left. Recover onto Left

Heel struts x 4 making three quarter turn Right

1 – 2 Quarter turn Right stepping Right heel forward. Drop Right toe to floor
3 – 4 One eighth turn Right stepping Left Heel forward. Drop Left toe to floor
5 – 6 One eighth turn Right stepping Right heel forward. Drop Right toe to floor
7 – 8 Quarter turn Right stepping Left heel forward. Drop Left toe to floor to complete three quarter turn (Facing 9 o'clock)

Right lock forward. Hold. Left scissor step. Hold

1 – 4 Step forward on Right. Lock Left behind Right. Step forward on Right. Hold
5 – 8 Step Left to Left. Step Right beside Left. Cross Left over Right. Hold

Diagonal steps back with holds (x 4)

1 – 4 Step Right back on Right diagonal. Hold. Step Left back on Left diagonal. Hold
5 – 8 Step Right back on Right diagonal. Hold. Step Left back on Left diagonal. Hold

Note: During steps back, lean slightly forward and click fingers to Right and Left

Right scissor step. Hold. Toe. Heel. Kick. Kick

1 – 4 Step Right to Right side. Step Left beside Right. Cross Right over Left. Hold
5 – 6 Touch Left toe to Right instep. Touch Left heel to Right instep
7 – 8 Kick Left forward towards Left diagonal twice

Behind. Side. Cross. Hold. Toe. Heel. Kick. Kick

1 – 4 Step Left behind Right. Step Right to Right side. Cross Left over Right. Hold
5 – 6 Touch Right toe to Left instep. Touch Right heel to Left instep
7 – 8 Kick Right forward towards Right diagonal twice

Back rock. Step. Hold. Step. Half turn Right. Step. Hold

1 – 4 Rock back on Right. Recover onto Left Step forward on Right. Hold
5 – 8 Step forward on Left. Pivot half turn Right. Step forward on Left. Hold (Facing 3 o'clock)

Right toe strut. Left toe strut. Kick. Step. Cross. Hold

1 – 4 Step Right toe forward. Drop Right heel to floor. Step Left toe forward. Drop Left heel to floor
5 – 8 Kick Right forward. Step Right beside Left. Cross Left over Right. Hold

Start again

Beginner split: Cowgirl Twist or Wishful Thinking