

Treacle not Pudding

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK) & Paul McAdam (UK) - June 2009
音乐: Work - The Saturdays : (Album: If This is Love)



Count in: Approximately 32 counts from Start of track on vocals.

(1-8) KICK BALL CHANGE, SWIVEL ½ TURN, CROSS ROCK SIDE, CROSS SHUFFLE

1&2 Kick right foot forward, step back on ball of right foot, step forward on left foot
3&4 Make a ½ turn right swivelling heels left, right, left (weight finishes on left)
5&6 Cross rock right foot over left, step back on left foot, step right foot to right side
7&8 Cross left foot over right, step right foot to right side, cross left foot over right

(9-16) SWITCHES & SWIVEL, COASTER STEP ½ TURN TOUCH

1&2 Touch right toe to right side, step right foot next to left, touch left toe out to left side
&3&4 Step left foot next to right, touch right toe forward, swivel both heels right, swivel heels back to centre
5&6 Step back on right foot, step left foot next to right, step forward on right foot
7,8 Pivot ½ turn left and take weight on left, touch right toe next to left

(17-24) OUT-OUT & CROSS, HOLD & CROSS, SYNCOPATED SIDE ROCKS

&1 Step right foot out to right side, step left foot out to left side
&2 Step slightly back on right foot, cross left foot over right foot
3&4 Hold a count, step right foot to right side, cross left foot over right
5&6& Rock right foot to right side, recover weight on left, cross right foot behind left, rock left foot out to left side
7&8 Recover weight on right foot, cross left foot behind right, step right foot forward

(25-32) 2X WALKS, STEP ½ TURN STEP, ¾ CROSS, SIDE ROCK CROSS

1,2 Walk forward on left foot, walk forward on right foot
3&4 Step forward on left foot, pivot ½ turn right, step forward on left foot
5&6 Make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side, cross right foot over left
7&8 Rock left foot out to left side, recover weight on right, cross left foot over right

START AGAIN AND ENJOY!

RESTARTS:

There are 2 Restarts they both happen after count 16, on the 2nd wall and the 5th wall.