

Spill The Beans

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Michele Perron (CAN) - November 2010
音乐: I Heard It Through the Grapevine - Craig David : (Album: Signed, Sealed,
Delivered)



Introduction: 32 Counts - CCW Rotation,

Sec. I (1- 8) SIDE, BEHIND, &-ACROSS-TOUCH, &-ACROSS-TOUCH, L SCISSOR

1,2 LEFT Step side L; RIGHT Step crossed behind L
&,3,4 LEFT Step side L; RIGHT Step across front of L; LEFT Toe/Touch beside R (L knee 'tucked in')
&,5,6 LEFT Step back diagonal L; RIGHT Step across front of L; LEFT Toe/Touch beside R (L knee 'tucked in')
7&8 LEFT Step side L; RIGHT Step beside L; LEFT Step across front of R (L Scissor)

Sec. II (9-16) TURN, BACK, TRIPLE BACK, &-TOUCH-FORWARD, TURN-BACK-TOUCH

1,2 Turn 1/4 L with RIGHT Step back & crossed behind L; LEFT Step back (9 o'clock)
3&4 RIGHT 'Locking' Triple back (R back, L back & across front of R, R back)
&,5,6 LEFT Step back; RIGHT Toe/Touch in front of L; RIGHT Step forward
7&8 Turn 1/2 R with LEFT Step back; RIGHT Step back; LEFT Toe/Touch in front of R (3 o'clock)

Sec.III (17-24) FORWARD, FORWARD, FORWARD-&-BACK, &-TOUCH-HOLD: REPEAT

1,2 LEFT Step forward; RIGHT Step forward
3&4 LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step back
&,5,6 RIGHT Step back; LEFT Toe/Touch side L; HOLD
&,7,8 LEFT Step beside R; RIGHT Toe/Touch R; HOLD

Sec.IV (25-32) &-TURN-FORWARD, BACK, TURN, ACROSS, SIDE, BEHIND, TURN

&,1,2 RIGHT Step beside L; Turn 1/4 L with LEFT Step forward; RIGHT Rock/Step forward (12 o'clock)
3,4 LEFT Recover/Step back; Turn 1/4 R with RIGHT Step side R (3 o'clock)
5,6 LEFT Step across front of R; RIGHT Step side R
7,8 LEFT Step crossed behind R; Turn 1/4 R with RIGHT Step forward (6 o'clock)

Sec.V (33-40) KICK-&-TOUCH, KICK-&-TOUCH, PRESS, SLIDE, HOLD, HEEL DROP/POP UP

1&2 LEFT Kick forward, LEFT Step back diagonal L, RIGHT Toe/Touch beside L (face diagonal L)
3&4 RIGHT Kick forward, RIGHT Step back diagonal R, LEFT Toe/Touch beside R (face diagonal R)
5,6 LEFT Toe/Ball Press forward diagonal L [face 6 o'clock] ; LEFT Slide/Drag to R
7,8 HOLD; LEFT Drop Heel / RIGHT Heel 'pop up' (R heel lifts up, R toe/ball remains on floor, R knee 'tucked in')

Option: Execute a two count 'slow' LEFT Slide/Drag (6,7) eliminate the 'HOLD'

Sec.VI (41-48) FORWARD, FORWARD, FORWARD-&-BACK, &-TOUCH-HOLD, TURN-TOUCH-HOLD

1,2 RIGHT Step forward, LEFT Step forward
3&4 RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step back
&,5,6 LEFT Step beside R, RIGHT Toe/Touch side R, HOLD
&,7,8 Turn 1/4 R with RIGHT Step beside L, LEFT Toe/Touch side L, HOLD (9 o'clock)

Begin Again

Ending: You will end facing front wall on last count of Sec VI.

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