

A Little Dab Will Do Ya

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Phrased Improver
编舞者: Forty Arroyo (USA) & Mellonee Pauley (USA) - May 2012
音乐: Smack Dab In the Middle - Buster Poindexter



A Hayloft Floor Split for the Fun Intermediate Dance "Smack Dab" by Tajali Hall

Dedicated to The Sturbridge Senior Ladies & Gents

32 count intro. Sequence: AB, AB, AB, BBBB, AB, BB

PART A – 32 counts

[1-9] TOUCH, HOLD, HOLD, CROSS, TOUCH, HOLD, HOLD, CROSS, TOUCH

1-5 Touch R out to side (1), Hold (2), Hold (3), Cross R in front of L (4), Touch L out to side (5)
6-8,1 Hold (6), Hold (7), Cross L in front of R (8), Touch R to side (1)

[10-17] HOLD, HOLD, STEP, TAP, HOLD, HOLD, STEP, TAP

2-5 Hold (2), Hold (3), Step back on R (4), Tap L toes in place (5)
6-8,1 Hold (6), Hold (7), Step back on L (8), Tap R toes in place (1)

[18-24] HOLD, HOLD, ROCK, RECOVER, HOLD 3cts

2-5 Hold (2), Hold (3), Rock forward on R (4), Recover weight on L (5)
6-8 Hold (6), Hold (7), Hold (8)

[25-32] HEEL TAPS, HIP ROCKS

1-4 Tap R heel in place FOUR times
5-8 Stepping R in place – rock hip R, L, R, L

PART B – 32 counts

[1-8] CHASSE' R, ROCK RECOVER, WEAWE WITH ¼, TOUCH

1&2 Step R to side(1), Step L next to R(&), Step R to side(2)
3,4 Rock back on L(3), Step R in place(4)
5-8 Step L to side(5), Step R behind L(6), Turn ¼ left – Step forward on R(7), Touch R next to L(8)

[9-16] CHASSE' R, ROCK RECOVER, WEAWE WITH ¼, TOUCH

1&2 Step R to side(1), Step L next to R(&), Step R to side(2)
3,4 Rock back on L(3), Step R in place(4)
5-8 Step L to side(5), Step R behind L(6), Turn ¼ left – Step forward on R(7), Touch R next to L(8)

[17-24] TWO ¼ TURN MONTEREYS

1,2 Touch R to side(1), Pivoting on ball of L - turn ¼ right as you step R next to L(2),
3,4 Touch L to side(3), Step L next to R(4)
5-8 Repeat 1-4 above

[25-32] CROSS, STEP, STEP, HOLD, CROSS, STEP, STEP, HOLD

1-4 Cross R over L (1), Step back on L (2), Step R slightly back (3), Hold (4)
5-8 Cross L over R (5), Step back on R (6), Step L slightly back (7), Hold (8)

REPEAT