

Little Black Dress

拍数: 64 墙数: 4 级数: Improver
编舞者: Judith Campbell (NZ) - October 2013
音乐: Little Black Dress - Sara Bareilles : (Album: The Blessed Unrest)



Intro: 16 (there are only two BEEPS you have to count 8 inbetween) – starts 8 seconds in

[1 – 8] □ CROSS ROCK RECOVER – CHA CHA CHA (Triple Step) – R & L

1 2 3&4 Cross R over L, recover back onto L ft, cha cha cha (RLR),
5 6 7&8 Cross L over R, recover back onto R ft, cha cha cha (LRL).

[9 – 16] ROCK FWD BACK – 1/2 turn R, SHUFFLE FWD - 1/4 turn R, SIDE SHUFFLE to L, BACK LOCK BACK

1 2 3&4 Rock/step R ft fwd, recover back onto L ft, turning 1/2 to R shuffling fwd (RLR) (6:00)
5&6 turning 1/4 to R- side shuffle to L side (LRL) (9:00)
7&8 Step R back, lock L over R, step back on R (RLR)

[17 – 24] ROCK BACK, RECOVER FWD – CHA CHA CHA FWD, SIDE TOUCH CROSS – SIDE TOUCH CROSS

1 2 3&4 Rock back on L, recover fwd onto R, cha cha cha (LRL)
5 6 7 8 Touch/tap R ft out to R side, step R across L. touch/tap L ft to L side, step L across R

[25 – 32] STEP FWD 1/2 PIVOT L – STEP (&) - STEP FWD 1/4 TURN R – 3 WALKS FWD, TAP

1 2& Step fwd on R, 1/2 pivot L, step R next to L (&), (3:00)
3 4 Step fwd on L ft, 1/4 turn R (weight on R) □ (6:00)
5 6 7 8 3 jazzy walks fwd on balls of feet LRL (lifting up knees), tap R ft next to L **

[33 – 48] STEP TAP – STEP TAP – SIDE BEHIND – SIDE SHUFFLE to R - STEP TAP – STEP TAP – SIDE BEHIND – 1/4 turn L, FWD SHUFFLE (LRL)

1 2 3 4 Step R to R side, tap L ft across R ft, step L to L side, tap R ft across L ft
5 6 7&8 Step R to R, step L behind R, side shuffle to R
1 2 3 4 Step L to L side, tap R ft across L ft, step R to R side, tap L ft across R ft
5 6 7&8 Step L to L, step R behind L, turning 1/4 to L shuffle fwd (LRL) □ (3:00)

[49 – 52] STEP BACK – BIG SWEEP AROUND TO BACK TO UNDER R FT – CHANGE WEIGHT

1 2 3 4 Step back onto R ft, sweep L ft around to back and up under R ft (lift R heel off floor) - (This is where you change weight by lifting up the R heel so the L ft sweeps around & under the R heel, weight is on L ft).

[53 – 64] ROCK RECOVER - 1/2 TURN R – 1/2 TURN – 1/2 TURN – HITCH - CROSS SHUFFLE - LARGE STEP TO R SIDE – DRAG L IN CHANGE WEIGHT

1 2 3 4 Rock fwd on R ft, recover onto L, turning 1/2 R step fwd on R, turning 1/2 R step bk onto L
5 6 Turning 1/2 R step fwd on R ft, Hitch up L ft to knee height, (9:00)
7&8 Shuffle L ft across to R side (LRL)
1 2 3 4 Take a big step to R side, drag L ft in towards R, change weight on count 4

[64] □

16 count Tag: At the end of wall 1 add on – Two half Monteys to R, then do Four paddle turns to L

8 count Tag: At the end of count 32 on wall 2 - add on the 4 paddle turns to L THEN RESTART the dance from beginning.**

Ending: At the end of dance you will be facing (3:00) - do the first 8 counts of dance turning to front on Cha Cha Cha and strike a Pose on the LAST beat (12:00)

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