Something Stupid EZ

拍數: 32

級數: Beginner

編舞者: Annemaree Sleeth (AUS) - January 2015

音樂: Something Stupid - Heartbeat

Music Available here http://www.heartbeatduo.com.au/ or iTunes

Alt. music:-

Something Stupid by Robbie Williams & Nicole Kidmann [2.50 - iTunes] (Album Swing When You're Winning) Something Stupid by Glee cast Album The Music Season 4 Volume 1- [2.45 - iTunes]

No Tags No Restarts Dance Rotates CW to the Right

SECTION 1: [1 – 8] ROCKING CHAIR, ROCK RECOVER, R SHUFFLE BACK

- 1 2Step R forward, recover to L, (use R arm forward then back -to help you move into the steps as per video)
- 3 Step R back behind R open R hip, (looking over R shoulder, angling body R diagonal) 4 Recover R
- 5 6 Step R forward, recover to L,
- Step R back, step L together, step R back 7 & 8

SECTION 2: [9 – 16] ROCKING CHAIR ROCK RECOVER L SHUFFLE FORWARD

- Step L back behind R -open hip, (looking over L shoulder, angling body Ldiagonal) 1
- 2 Recover R
- 3-4 Step L forward, recover to R (use R arm forward then back -to help you move into the steps as per video)
- 5 6 Back L back, recover R
- 7 & 8 Step L forward, step R together, step L forward

SECTION 3: [17 - 24] CROSS POINT FORWARD, CROSS POINTS BACK

- 1 2 Cross R slightly over L , point L side
- 3 4Cross L slightly over R, point R side
- 5 6Cross R slightly behind L, point L side
- 7 Cross L slightly behind R,
- 8 point R diagonally in front of L,

SECTION 4: [25 - 32] JAZZ BOX FORWARD, JAZZ BOX 1/4 FORWARD,

- 1 2 Cross R over L, step L back
- 3 4 Step R side , step L forward
- 5 6Cross R over L, turn ¼ R step L back
- 7 8 Step R side , step L forward

To Finish: dance both jazz boxes facing front

add - Step R forward/side arms out and pose !!

Repeat and enjoy

Last Update - 22nd Jan 2015





牆數: 4