Enjoy The Show

級數: Intermediate

編舞者: Tajali Hall (CAN) - February 2015

音樂: Incredible (feat. Karl Wolf) - Jaden Chase : (iTunes)

#8 count intro (start on lyrics)

LEFT KICK BALL STEP, LEFT SAILOR STEP, RIGHT KICK BALL STEP, RIGHT SAILOR STEP

- 1&2 Low kick forward with left, step left to left side, step right slightly to right
- 3&4 Cross left behind right, step right to right side, step left to left side
- 5&6 Low kick forward with right, step right to right side, step left slightly to left
- 7&8 Cross right behind left, step left to left side, step right to right side

JAZZ BOX, HEEL WALKS x2

- 1-2 Cross left over right, step back on right
- 3-4 Step left to left side, step right next to left
- Step left heel across right foot (weight comes to left heel with the heel facing left and toes 5-6 facing right), step right to right side (weight comes to right foot as left heel rotates to face right and toes face left)
- 7-8 Repeat counts 5-6

FRONT POINT, SIDE POINT, ½ SAILOR CROSS, HIP POPS x3, BALL STEP WITH FLICK

- 1-2 Touch left toe forward, touch left toe to left side
- 3&4 1/4 turn left stepping left behind right (9:00), 1/4 turn left stepping right to right side (6:00), cross left over right
- 5-6-7 Keeping weight back on left, lightly touch right foot forward and pop right hip to forward to front right diagonal, pop left hip back to back left diagonal, pop left hip to front left diagonal
- (weight stays left on all 3 counts; you're basically making a V shape with your hips starting from the top right corner)
- &8 Step right slightly back toward back right diagonal, step left next to right as you flick right foot

CROSS, BACK, RIGHT SHUFFLE, BACK ROCK/RECOVER, ¼ TURN PIVOT

- 1-2 Cross right over left, step back on left
- 3&4 Step right to right side, step left next to right, step right to right side
- 5-6 Rock back on left, recover weight to right
- 7-8 Step forward left, pivot ¹/₄ turn right transferring weight to right foot (9:00)

Start Again

Restart: On wall 4, dance the first 16 counts and then restart from the beginning.

Note: This is meant to have a jazzy feel so put a little more bounce in your steps than you might usually do! Have fun!

Contact: soaringwithoutwings@hotmail.com





拍數: 32

牆數:4