

Mannequin Silhouette

COPPER KNOB
STEPSHEETS

拍數: 104 牆數: 0 級數: Phrased - Fun for all Levels
編舞者: Trizia Ruggiero (UK) - December 2016
音樂: Silhouette - Tom Odell



This dance has a long intro, there are 36secs and then a hard beat kicks in-count intro from this point 32 counts.

SEQUENCE A/B/A/B/TAG/ B/TAG

SECTION A: 80 counts

A1 –SIDE MAMBOS

1&2 Rock R to side- weight onto ball of L- replace R beside L
3&4 Rock L to side – weight onto ball of R- replace L beside R
5&6 Rock R to side –weight onto ball of L- replace R beside L
7&8 Rock L to side – weight onto ball of R- replace L beside R

A2 –JAZZ BOX TOE STRUTS

1-2 Cross R toe over L- step heel down
3-4 step L toe back- step heel down
5-6 Step R toe to side – step heel down
7-8 Step L toe beside R- step heel down

A3- MONTEREY HALF TURNS

1-2-3-4 Point R to side-half turn over R- point L to side- place L beside R
5-6-7-8 Point R to side – half turn over R- point L to side- Place L beside R

A4- REPEAT A1

A5-REPEAT A2

A6- MONTEREY QUARTER TURN/ MONTEREY HALF TURN

1-2-3-4 Point R to side –quarter turn over R- point L to side – Place L beside R [3.00]
5-6-7-8 Point R to side- half turn over R- point L to side- place L beside R [9.00]

A7- ROCK HALF TURN SHUFFLE X2

1-2 Rock forward on R –replace weight onto L making half turn R
3&4 step forward R-step L behind R- step R forward
5-6 Rock forward on L – replace weight onto R making half turn L
7&8 step forward L- step R behind L- step L forward

A8- ROCK COASTER X2

1-2 Rock forward on R- replace weight onto L
3&4 step R back [3] weight onto ball of L [&] step R forward [4]
5-6 Rock forward on L- replace weight onto R
7&8 step back on L[7] weight onto ball of R [&] step forward on L

A9- REPEAT A7

A10- HALF TURN KICK BALL CHANGES-JAZZ BOX QUARTER TURN

1&2 Kick R forward [1] weight onto ball of L [&] replace weight onto R[2] making quarter turn L
3&4 Kick R forward [3] weight onto ball of L [&] replace weight onto R [4] making quarter turn L
5-8 Cross R over L-step back on L- step R to R side making quarter turn R – Step L beside R

SECTION B: 24 counts

B1- VINE- FULL TURN

1-4 Step R to R side- step L behind R- step R to R side- touch L beside R
5-8 Make a full turn to the L

B2- NIGHT CLUB- RUMBA BOX[1ST 4 COUNTS]

1&2 Step R to R side [1] Rock back on L[&] replace L beside R
3&4 Step L to L side[3] Rock back on R [&] replace R beside L
5-6 Step R to R side –step L beside R
7-8 step R back – step L beside R

B3- RUMBA BOX [2ND 4 COUNTS] SLIDE –TOUCH- HIP BUMPS

1-2 Step L to L side- step R beside L
3-4 Step forward on L – step R beside L
5-6 Step R to R side- slide L up to R with a touch
7&8 Bump hips R-L-R

TAG

Hold your position for 32 counts [MANNEQUINS]

Bump hips R-L

Hold your position for 32 counts [MANNEQUINS]

END DANCE BY HOLDING POSITION

This dance has been inspired by my fun loving students who enjoy playing pranks on their instructor

Have Fun!

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