

Emale

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rona Kaye (USA) - May 2017
音樂: Emale - Prince : (Album: Emancipation - Amazon)



Toe Touch, Hook, Toe Touch, Step, R and L (With arms**):

1 & 2 & Touch R toe forward (1), Hook R across L (&), Touch R toe forward (2), Step R home (&)
3 & 4 & Touch L toe forward (3), Hook L across R (&), Touch L toe forward (4), Step L home (&)
12:00

(Arms extend slightly to side palms up (1), Elbows come in to waist (&), Arms extend (2)
Hands come down palms facing back (&)....same on L side...and then they just relax for counts 5-8)**

Kick Ball Touch Side, Kick Ball Touch Side, Touch Home With Hand Clap:

5 & 6 & Kick R forward (5), Step on R (&), Touch L side Left (6), Kick L forward (&)
7 & 8 Step L home (7), Touch R to side Right (&), Touch R home and clap hands (8) □ 12:00

****FIRST Restart after this first 8 count the first time you start to 9:00 wall. You will be facing 9:00.**

Step Side, Weave, Rock & Cross, Side, Sailor R ½ turn Right:

1-2 & 3 Step R side Right (1), Step L behind R (2), Step R side Right (&), Step L across R (3)
4 & 5 6 Rock R side Right (4), Recover on L (&), Step R across L with L shoulder forward (5), Step L
side Left with Right shoulder forward in prep for turn (6)
7 & 8 Step R behind L starting sailor Right (7), Step L in place turning ¼ to Right (&) 3:00, Step
slightly forward R turning ¼ to Right (8) 6:00

Triple Step Full Turn Left, R Heel/Toe Touch, Hitch ¼ Turn R (With Arms**), Chasse, Touch, Triple ½ to Left:

1 & 2 Step L behind R starting sailor turning ¼ to Left (1), Step R in to L turning ¼ Left (&), Step L in
place turning ½ to Left (2) 6:00
3 & 4 Touch R heel forward (3), Touch R toe side Right (&), Hitch R knee up and in to center as
you turn ¼ Right (4), 9:00
5 & 6 & Step R side R (5), Step L into R (&), Step R to Right (6), Touch L in to R (&) □ 9:00
7 & 8 Step L slightly forward turning ¼ Left (7), Step R in to L (&), Step L slightly forward turning ¼
Left (8) □ 3:00

(L arm pushes forward palm facing forward and R arm is in toward R shoulder palm forward (3),
Arms go out to side with flexed hands as R toe goes to Right side (&), Both hands come in to chest with
elbows bent to waist palms facing chest with hands crossed on the hitch ¼ turn Right (4), Both arms extend to
sides with palms facing down when R steps side for chasse to Right (5 & 6), Both hands "slap" down to the
sides of the legs when the L touches in to R (&), Arms relaxed for triple ½ to the Left (7 & 8)**

****SECOND restart after this third 8 count the second time you start to 12:00. You will be facing 3:00.**

Forward Kicks R and L, Step, Touches (**with arms), Funky Sit and Stand, **Rocking Chair x2:

1 & 2 & Kick R forward (1), Step R home (&), Kick L forward (2), Step L home (&)
3 & 4 Touch R toe side Right (3), Step back on R (&), Touch L toe forward with weight on the R (4)

****THIRD Restart after these 4 counts (28 counts into the dance) the second time you start to 3:00.**

You will be facing 6:00. You have to put weight on the L on ct 4 to restart the dance on the R!

& 5 & 6 Sit and bend knees (&), Bump your hips back (5), Bring hips home (&), Stand up and Put
your weight on the L (6)

7 & 8 & Rock forward on R (7), Recover weight on L (&), Rock back on R (8), Recover L (&)

(The two rocking chairs can be 2 pivot half turns to the Left, if you like.)**

(Both hands come up to chest with elbows bent and in to the waist palms facing chest for R kick (1),
Hands come to head palms have turned to face front on step R and L kick forward (&2), Arms come down by
your sides as they have turned with palms facing forward on the step L touch R to Right (& 3), Hands turn to
face palms down by your sides on the step back R touch L forward (& 4), Hands stay low for the sit and
bumps and stand (& 5 & 6) and then relax for the rocking chair (7 & 8 &)**

Restarts:-

ONE: After the first 8 counts of the dance the first time that you start the dance to the 9:00 wall. You'll be facing 9:00 for the Restart.

TWO: After the third 8 count of the dance the second time that you start the dance to the 12:00 wall. You'll be facing 3:00 for the Restart.

THREE: After 28 counts the second time that you start the dance to the 3:00 wall. You will be facing 6:00 for the Restart. You need to make sure that your weight transfers to the L in order to Restart the dance with the R.

The dance will end facing the front wall by dancing the first 16 counts of the dance, starting at the 3:00 wall. (It's the third time that you dance to that wall.) Just turn a $\frac{3}{4}$ turn to the Right INSTEAD of the $\frac{1}{2}$ turn to the Right...it's the sailor step at the end of the second 8 count. After the sailor step, just step forward on your L to end the dance to the music facing front wall.

Happy dancing, Everyone!
