You're So Vain



拍數: 54 牆數: 4 級數: Intermediate

編舞者: Alison Austerberry (UK) - January 2018

音樂: You're So Vain - Carly Simon



RESTARTS:-

END OF WALLS 2,4 6 – dance to Count 30 then start again

END OF WALL 7 - dance to Count 44 - then start again and dance through

WALK, WALK, RIGHT SHUFFLE, HIP, HOLD, TAP, TAP TAP

1-2 Walk right. Walk left

3&4 Step forward on right. Step left next to right. Step right forward

5& Step on left pushing left hip to left side HOLD

6,7,8 Tap right heel 3 times

KICK BALL CHANGE, KICK BALL CHANGE, ROLLING VINE RIGHT, TOUCH

9&10 Kick right foot out forward. Step on ball of right, travelling right. Step down on left Kick right foot out forward. Step on ball of right, travelling right. Step down on left

13-14 Step on right, turning ½ right . Step on left turning ½ right. 15-16 Step on right, turning ½ right. Touch left next to right

STEP, DRAG, SHIMMY, ROCK FORWARD AND BACK, OUT, OUT

17-18 Step back on left, dragging right foot slowly back next to left 19-20 Shake hips/body up and down (over 2 counts) (Shimmy) 21&22& Rock forward on right. Recover on left. Rock back on right

23-24 Step out forward on right. Step out forward on left

HIP ROLLS X 3, ROCK FORWARD AND BACK

25-26 Roll hips out in a clockwise direction 27-28 Roll hips out in a clockwise direction 29-30 Roll hips out in a clockwise direction

31&32 Rock forward on right. Recover on left. Rock back on right

RIGHT SHUFFLE, STEP TURN, CROSS SHUFFLE, POINT, STEP

&33&34 Recovering on left, Step forward on right. Step left next to right. Step forward on right

35-36 Step forward on left, making 1/4 turn right. Step right in place 37&38 Cross left over right. Step right to right side. Cross left over right

39-40 Point right to right side. Step right in place

MONTEREY, SWAY TURN, CROSS ROCK, CHA CHA CHA, CROSS ROCK CHA CHA CHA

41-42 Point left to left side, turning ¼ right. Step left in place next to right

43-44 Sway hips out to right, turning ¼ turn left 45-46 Cross rock right over left. Recover on left

47&48 Step right, left, right

CROSS ROCK, COASTER STEP

50-51 Cross rock left over right. Recover on right

53&54 Step back on left. Step forward on right. Step left next to right.

START AGAIN