Capital Letters

拍數: 64

級數: Intermediate / Advanced

編舞者: Alan Birchall (UK) & Jacqui Jax (UK) - March 2018

音樂: Capital Letters - Hailee Steinfeld & BloodPop® : (CD: Fifty Shades Freed)

Start: On Lyrics Secs: 9 Count: 16 BPM: 100

SAILOR STEP, BEHIND, UNWIND, ROCK, RECOVER, CROSS SHUFFLE

- 1&2 Cross Right Behind Left, Step Left To Left, Step Right In Place
- 3-4 Cross Left Behind Right, Unwind Full Turn Left (Weight On Left)
- 5-6 Rock Right To Right, Recover On Left
- 7&8 Cross Right Over Left, Step Left To Left, Cross Right Over Left

SIDE, TOGETHER, SIDE, TOGETHER, FORWARD, ROCK, RECOVER, 3/4 TURN

- 9-10 Step Left To Left, Step Right By Left
- 11&12 Step Left To Left, Step Right By Left, Step Forward On Left
- 13-14 Rock Forward On Right, Recover On Left
- 15-16 Making ¹/₂ Turn Right Step Forward On Right, Making ¹/₄ Turn Right Step Left To Left 09:00

RIGHT & LEFT HEEL JACKS, ROCK FORWARD, RECOVER, BACK LOCK

- 17&18 Cross Right BEHIND Left, Step Left To Left, Extend Right Heel To Right Diagonal
- &19&20 Step Right By Left, Cross Left Over Right, Step Right To Right, Extend Left Heel To Left Diagonal
- &21-22 Step Left By Right, Rock Forward On Right, Recover On Left
- 23&24 Step Back On Right, Lock Left Over Right, Step Back On Right

TOUCH BACK, UNWIND, STEP, ½ PIVOT, STEP, ½ TURN BACK, ¾ TRIPLE TURN

- 25-26 Touch Left Toe Back, Unwind ¹/₂ Turn Left 03:00
- 27-28 Step Forward On Right, ½ Pivot Turn Left 09:00
- 29-30 Step Forward On Right, Make ¹/₂ Turn Right Stepping Back On Left 03:00
- 31&32 Make a ³/₄ Triple Turn Right Stepping Right, Left, Right 12:00

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK. RECOVER, ¼ SIDE SHUFFLE

- 33-34 Cross Rock Left Over Right, Recover On Right
- 35&36 Step Left To Left, Step Right By Left, Step Left To Left
- 37-38 Cross Rock Right Over Left, Recover On Left
- 39&40 Step Right To Right, Left By Right, Making ¼ Turn Right Stepping Forward On Right 03:00

SPIRAL TURN, STEP, SHUFFLE FORWARD, ROCK, RECOVER, COASTER STEP

- 41-42 Stepping Forward On Left Make A Full Spiral Turn Right, Step Forward On Right
- 43&44 Step Forward On Left, Step Right By Left, Step Forward On Left

TAG: 4 Count Tag Here During 2nd Wall - Restart Dance

- 45-46 Rock Forward On Right, Recover On Left
- 47&48 Step Back On Right, Step Left By Right Step Forward On Right

1/4 ROCK, RECOVER, CROSS SHUFFLE, MODIFIED MONTEREY TURN, ROCK, RECOVER

- 49-50 Making A ¼ Turn Right Rocking Left To Left, Recover On Right 06:00
- 51&52 Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 53-54 Point Right To Right, Make A Full Turn Right Stepping Right By Left
- 55-56 Rock Left To Left, Recover On Right

JAZZ BOX, MODIFIED MONTEREY TURN, ROCK, RECOVER

57-58 Cross Left Over Right, Step Back On Right





牆數:2

- 59-60 Step Left To Left, Cross Right Over Left
- 61-62 Point Left To Left, Make A Full Turn Left Stepping Left By Right
- 63-64 Rock Right To Right, Recover On Left

START AGAIN

Tag: During 2nd Wall - After Count 44

- 45-46 Step Forward On Right, Making ¼ Turn Right Point Left To Left 12:00
- 47-48 Cross Left Over Right, Point Right To Right

Restart The Dance

Email: alan@alanbirchall.com - Website: http://www.alanbirchall.com