D-D-Dance

拍數: 96

級數: Phrased Intermediate

編舞者: Maddie Bee (USA) - October 2018

音樂: Dance - Rascal Flatts : (3:21)

Intro: 24 counts begins on lyrics Phrased Dance (A,B,C,Tag 1,A,B,C,C,Tag 2,A,B,C,C,Tag 2)

PART A: (48 counts) A1:		
1,2	Step R foot forward, Point L toe to L	
3,4	Step L foot forward, Point R toe to R	
5,6	Step R foot forward, Pivot ½ turn L and hitch L knee up	
7,8	Step back on L foot, Pivot 1/2 turn L (weight remains on L foot)	
A2:		
1,2	Step R foot back, Pop L knee up	
3,4	Step L foot back, Pop R knee	
5&6	Step R foot back, Hook L foot over R foot, Step Right foot back	
7&8	Step L foot back, Close R foot next to L foot, Step L foot forward	
A3:		
1,2	Walk R foot forward to L diagonal, Walk L foot forward to L diagonal	
3&4	Step R foot forward, Hook L foot behind R, Step R foot forward	
5,6	Step L foot forward, Pivot ½ Turn R stepping forward onto R foot	
7,8	Step L foot forward, Pivot ½ turn L stepping back on R foot	
A4:		
1&2	Step L foot backward, Lock right foot over left, Step L foot backward	
3,4	1/8 turn right rocking R foot to R, Replace weight to L foot	
5,6	Cross R foot over L, Step L foot side left	
7&8	1/8 turn right stepping R foot back, Close L foot to R foot, Step R foot forward	
A5:		
1,2	Walk L foot forward to R diagonal, Walk R foot forward to R diagonal	
3&4	Step L foot forward, Hook R foot behind L, Step L foot forward	
5,6	Step R foot forward, Pivot ½ Turn L stepping forward onto L foot	
7,8	Step R foot forward, Pivot $\frac{1}{2}$ turn R stepping back on L foot	
A6:		
1&2	Step R foot backward, Lock L foot over R, Step R foot backward	
3,4	1/8 turn left rocking L foot to L, Replace weight to R foot	
5,6	Cross L foot over R, Step R foot side right	
7&8	1/8 turn left stepping L foot back, Close R foot to L foot, Step L foot forward	
PART B: B1:	(32 Count)	
1&2	1/8 turn right stepping R foot forward, turn $\frac{1}{4}$ turn to the right stepping back on L foot, step R foot next to L foot	
3&4	$\frac{1}{4}$ turn left hooking L foot behind R, $\frac{1}{4}$ turn left stepping R foot next left, step left foot next to R	

5&6 1⁄4 turn to the left stepping R foot to the right, 1⁄4 turn left stepping left foot back, step R foot next to L foot





牆數:2

7&8	3 heel bounces in place	
B2: 1&2 &3&4	Touch L heel forward, step L foot next to R, touch R heel forward Step R foot next to left, ¼ turn left stepping L foot down, step right with R foot, cross L foot over R	
5,6	Step R foot to R, Hook L foot behind R	
&7&8	Step R foot to R, touch L heel diagonal forward, Step L foot next to R, cross R foot over L	
B3: 1,2 3,4 5,6 7,8	Step side L with left foot, ½ turn right stepping side R ½ turn R stepping side L, Kick R heel back Step side R with R foot squatting low, Step L foot next to R foot (rising up) Step R foot side R swaying hips to right, Sway hips to the left taking weight to left foot	
B4: 1,2 3,4 5,6 &7,8	 ¼ turn L stepping R foot to right (kicking L heel back), Step L foot down to L ¼ turn L stepping R foot to right (kicking L heel back), Step L foot down to L ¼ turn L stepping R foot to right (kicking L heel back), Step L foot down to L ¼ turn L stepping R foot next to left, Hop on two feet to R, Hop on two feet to L 	
Part C: (16 Counts) C1:		
1,2 3&4	Touch R foot to left diagonal, touch R foot side right ¼ turn right hooking R foot behind L, ¼ turn right stepping L foot next to right, Step R foot in place	
5&6 7&8	Rock L foot diagonal right, replace weight to R foot, Step L foot next to right foot Rock R foot diagonal left, replace weight to L foot, Step R foot next to left foot	
C2: 1,2 3&4 5&6& 7&8	Point L foot to right diagonal, point L foot side left Hook L foot behind R foot, Step R foot side right, Replace weight to L foot Step R foot forward, 1/8 turn L replacing weight to L foot, Step R foot forward, 1/8 turn L replacing weight to L foot Step R foot forward, 1/8 turn L replacing weight to L foot, Touch R foot next to left foot	
Tag 1: (4 Counts)1,2Step R foot forward, pivot ½ turn left stepping forward to L foot3&4Kick R foot forward, step down on ball of right foot next to left foot, change weight to L foot		
Tag 2: (2 Counts) 1,2 Step R foot forward, pivot ½ turn left stepping forward to L foot		
Email: dancingmaddiebee@gmail.com		