A Few Good Stories

級數: Beginner

編舞者: Hana Ries (USA) - January 2020

音樂: A Few Good Stories - Brett Kissel

Start dancing on the word "put"- 1 Restart. CCW (Read: R=right foot, L=left foot) Alt. music: Dance Monkey by Tones and I (No restart)

STOMP, CLAP, CLAP, STOMP, CLAP, CLAP, ROCKING CHAIR (12:00→12:00)

- 1&2 Stomp R, hold and clap hands, clap hands
- 3&4 Stomp L, hold and clap hands, clap hands
- 5-6-7-8 Rock R forward, Recover to L, Rock R back, Recover to L

Styling: Hands up for claps, bounce during stomps.

Restart here on wall 3 (6:00)

拍數: 32

KICK-BALL-CHANGE, SHUFFLE FORWARD, ½ PIVOT, SHUFFLE FORWARD (12:00→6:00)

- 1&2 Kick R forward, Step ball of R slightly back, Step L in place
- 3&4 Step R forward, Step L next to R, Step R forward
- 5-6 Step L forward, ¹/₂ Turn right stepping R forward
- 5&6 Step L forward, Step R next to L, Step L forward (6:00)

POINT PADDLE TURN, CROSSING SHUFFLE, POINT PADDLE TURN, CROSS ROCK/RECOVER (6:00→6:00)

- 1&2& Point R to right, Turn 1/8 left, Point R to right, Turn 1/8 left (3:00)
- 3&4 Cross R over L, Step L slightly to left, Cross R over L (3:00)
- 5&6& Point L to left, Turn 1/8 right, Point L to left, Turn 1/8 right (6:00)
- 7-8 Cross rock L over R, Recover to R (6:00)

Option: Counts 1&2 and 5&6 (=paddle turns) are written as 1/4 turns but you can make them as big or as small as you like.

Make sure on count 8 you are facing the same wall you started this section from (6:00)

SHUFFLE ¼ TURN LEFT, SHUFFLE ½ TURN LEFT, COASTER, WALK (6:00→9:00)

- 1&2 Step L to left, Step R next to L, Turn ¼ left stepping L forward
- 3&4 Step R forward, Turn ¼ left stepping L next to R, Turn ¼ left stepping R back
- 5&6 Step L back, Step R next to L, Step L forward
- 7-8 Step R forward, Step L forward

Styling: Raise your hands up overhead on counts 7-8, "catwalk" ©

Restart on wall 3 after first 8 counts. You'll be facing 6:00.

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牆數:4