

We Both

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Silvia Schill (DE) - November 2020
音樂: Only Getting Started (feat. Cliona Hagan) - Derek Ryan



Sequenz: ABA, A*, ABA, ABA, AAA**

The dance begins with the vocals

Part/Teil A (4 wall)

A1: Shuffle forward r + l, back 2, shuffle back turning ½ r

- 1&2 Step forward with RF- LF beside RF and step forward with RF
- 3&4 Step forward with LF- RF beside LF and step forward with LF
- 5-6 2 steps backwards (r - l) (Option: bounce backwards, lifting right/left knee - bounce backwards, lifting left/right knee)
- 7&8 ¼ Turn right and step right with RF - LF beside RF, ¼ Turn right and step forward with RF (6 o'clock)

A2: Step, pivot ½ r, ½ turn r, ½ turn r, shuffle forward, step, pivot ¼ l

- 1-2 Step forward with LF - ½ Turn right on both bales, weight at the end right (12 o'clock)
- 3-4 ½ Turn right and step backwards with LF - ½ turn right and step forward with RF
- 5&6 Step forward with LF - RF beside LF and step forward with LF
- 7-8 Step forward with RF - ¼ turn left on both bales, weight at the end left (9 o'clock)

Restart for A*: Cancel here and start over - 6 o'clock

End for A**: The dance ends here - direction 6 o'clock; at the end 'step forward with RF - ½ turn left on both bales, weight at the end left' - 12 o'clock

A3: Cross, side, behind-side-heel & r + l

- 1-2 Cross RF over left - step left with LF
- 3& Cross RF behind left and small step to left with LF
- 4& Tap right heel diagonally on right front and RF beside LF
- 5-6 Cross LF over RF - step to right with RF
- 7& Cross LF behind RF and small step to right with RF
- 8& Tap left heel diagonally on left front and LF beside RF

A4: Rock forward, coaster step, rock forward, shuffle back turning ½ l

- 1-2 Step forward with RF - weight back on LF
- 3&4 Step backwards with RF - LF beside RF and small step forward with RF
- 5-6 Step forward with LF - weight back on RF
- 7&8 ¼ Turn left and step left with LF - RF beside LF, ¼ turn left and step forward with LF (3 o'clock)

Part/Teil B (4 wall; starts the 1st time direction 3 o'clock)

B1: Rocking chair, ¼ turn l, kick, behind, side

- 1-2 Step forward with RF - weight back on LF
- 3-4 Step backward with RF - weight back on LF
- 5-6 ¼ Turn left and step right with RF - LF kick diagonally left in front (12 o'clock)
- 7-8 Cross LF behind RF - Step right with RF

B2: Cross, hitch, cross, side, behind, sweep back, rock back

- 1-2 LF cross over RF - lift right knee and swing forward in a circle
- 3-4 Cross RF over LF - step left with LF
- 5-6 Cross RF behind LF - swing LF backwards in a circle

7-8 Step backward with LF - weight back on RF

B3: Rock forward, ½ turn l/toe strut forward/snap, ½ turn l/toe strut back/snap, rock back

1-2 Step forward with LF - weight back on RF

3-4 ½ Turn left and step forward with LF, only put on the tip of the foot - lower left heel/flip to the side (6 o'clock)

5-6 ½ Turn left and step backwards with right foot, only put on the tip of the foot - lower right heel/flip to the side (12 o'clock)

7-8 Step backward with LF - weight back on RF

B4: Step, ½ turn r/kick, back, kick, back, close, step, brush

1-2 Step forward with LF - ½ turn right and kick RF forward (6 o'clock)

3-4 Step backwards with RF - kick LF forward

5-6 Step backwards with LF- RF beside LF

7-8 Small step forward with LF - swing RF forward

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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