Quit The Show!



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Trish Arena (AUS) - April 2021

音樂: Give It Up - Suzy V: (Album: Pages Full Of Thoughts - EP - iTunes)



START: Feet together, weight Left

INTRO: 8 Counts (begin on vocals) - TIME: 3:05 - No Tag, No Restart

KICK-BALL-CROSS, SIDE, ROCK, CROSS, BACK, 1/4 SIDE, SHUFFLE FWD

1&2 Kick R forward, step down on R, step L across R

3, 4 Step R to side, rock/recover weight L5, 6 Step R over L, Step back onto L

& 7&8 Turn 90° right and take small step R to side (&), Shuffle forward L-R-L 3:00

MAMBO, BACK L, BACK R, COASTER, SHUFFLE FWD

9&10 Step R forward, Rock/recover weight L, Step R back

11, 12 Step back onto L, Step back onto R

13&14 Coaster: Step L back, Step R beside L, Step L forward

15&16 Shuffle forward R-L-R 3:00

FWD, ROCK, ¼ L SIDE SHUFFLE, ¼ PIVOT X 2

17, 18 Step L forward, rock/replace weight R 19 & 20 Turn 90° left and shuffle L-R-L to side

21, 22 Step R forward, pivot 90° left taking weight L
23, 24 Step R forward, pivot 90° left taking weight L 6:00

CROSS, SIDE, BEHIND, ¼ L, ½ PIVOT, ¼ SIDE SHUFFLE

25, 26 Step R across L, Step L to side

27, 28 Step R behind L, turn 90° left step L forward ##
29, 30 Step R forward, Pivot 180° left taking weight L
31 & 32 Turn 90° left and shuffle R-L-R to side 6:00

CROSS, ROCK, SIDE SHUFFLE, CROSS, ROCK, SIDE SHUFFLE

33, 34 Step L across R, rock/replace weight R

35 & 36 Shuffle L-R-L to side

37, 38 Step R across L, rock/replace weight L

39 & 40 Shuffle R-L-R to side 6:00

CROSS, BOUNCE X 3, CROSS, BOUNCE X 3

41&42&43&44 Cross L over R (taking weight evenly on both feet) (41), bending knees slightly, raise and

lower heels (bounce) x 3 while making a 180° turn to right finishing with weight on L

45&46&47&48 Cross R over L (taking weight evenly on both feet) (45), bending knees slightly, raise and

lower heels (bounce) x 3 while making a 180° turn to left finishing with weight on R - 6:00

L SAILOR, R SAILOR, BACK, ROCK, 1/2 PIVOT

49 & 50 Sailor: Step L behind R, step R side right, rock/replace weight L (travelling backwards) 51 & 52 Sailor: Step R behind L, step L side left, rock/replace weight R (travelling backwards)

53, 54 Step L back, rock/replace weight R

55, 56 Step L forward, pivot 180° right taking weight R 12:00

1/2 PIVOT, SASSY WALK X 2, FWD, ROCK, BACK, TOUCH

57, 58	Step L forward, pivot 180° right taking weight R
59, 60	Sassy walk L forward, sassy walk R forward

61, 62 Step L forward, rock/replace weight R 63, 64 Step L back, touch R beside L 6:00

FINISH: Dance the first 28 counts of wall 5, turn 90° left, step R to side and drag L to R