

My Decision

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Oliver Neundorf (DE) & Sabine Klinkner (DE) - June 2022
音樂: My Decision - B.B. Cole : (Album: Outgrowing Ourselves)



Note: The dance begins after 16 beats with the use of singing

Sequence: A, Tag, AB, AB*, A, Ending

Part A (2 wall)

A1: back, close, side, close, step, touch, side, touch

- 1-2 step back with RF - step LF next to RF
- 3-4 step RF to right, step LF next to RF
- 5-6 step forward on RF - touch LF next to RF
- 7-8 step LF to left - touch RF next to LF

A2: heel, touch back, point, lift behind, vine R

- 1-2 tap right heel forward - tap right toe back
- 3-4 tap RF to right - lift RF behind left leg
- 5-6 step RF to right - cross LF behind RF
- 7-8 step RF to right - touch LF next to RF

A3: back, close, side, close, step, touch, side, touch

- 1-8 as step sequence A1, but starting with the left as a mirror image

A4: heel, touch back, point, lift behind, vine L

- 1-8 as step sequence A2, but starting on the left in a mirror image

A5: step, heel-toe swivels, stomp up R + L

- 1-4 step diagonally right in front with RF - left heel, turn left toe to RF - stomp LF next to RF (without changing weight)
- 5-8 Step diagonally left in front with LF - right heel and then turn right toe to LF - stomp RF next to left (without changing weight)

A6: rock back/kick, stomp up 2x (with claps), step, pivot ½ L, step, pivot ¼ L

- 1-2 jump backwards with RF, kick forward with LF - jump back onto LF
- 3-4 stomp RF 2x next to LF (without changing weight)
- (option 1: clap 2x; option 2: clap only 2x)
- 5-6 step forward with RF - ½ turn L on both balls, weight at end on LF (6 o'clock)
- 7-8 step forward with RF - ¼ turn L on both balls, weight at end on LF (3 o'clock)

A7: step, heel-toe swivels, stomp up R + L

- 1-8 as step sequence A5

A8: rock back/kick, stomp up 2x (with claps), step, pivot ½ L, step, pivot ¼ L

- 1-8 as step sequence A6 (6 o'clock)

Part B (1st wall; starts the 1st time towards 12 o'clock)

B1: jazz box (with toe struts)

- 1-2 cross RF over LF, tap right toe - right heel down
- 3-4 step back on left toe, - left heel down
- 5-6 tap right toe to the right, right heel down
- 7-8 tap left toe next to RF, left heel down

B2: ¼ Monterey turn R 2x

1-2 tap right toe to the right - $\frac{1}{4}$ turn R and step RF next to LF (3 o'clock)
3-4 tap left toe to the left - step LF next to RF
5-8 like 1-4 (6 o'clock)

**(Restart for B*: break off after '3-4' and continue dancing with part A;
doing a $\frac{1}{2}$ turn R on '2' - 12 o'clock)**

B3: jazz box (with toe struts)

1-8 as step sequence B1

B4: $\frac{1}{4}$ Monterey turn R 2x

1-8 as step sequence B2 (12 o'clock)

Tag/bridge (after end of 1st round - 6 o'clock)

toe strut forward R + L

1-2 step forward tap right toe, right heel down
3-4 step forward tap left toe, left heel down

Ending (2nd wall; starts towards 6 o'clock)

E1: back, close, side, close, step, touch, side, touch

1-2 step back with RF - step LF next to RF
3-4 step RF to right, step LF next to RF
5-6 step forward on RF - touch LF next to RF
7-8 step LF to left - touch RF next to LF

E2: heel, touch back, point, lift behind, vine R turning $\frac{1}{2}$ R with stomp

1-2 tap right heel forward - tap right toe back
3-4 tap RF to right - lift RF behind left leg
5-6 step RF to right - cross LF behind RF
7-8 $\frac{1}{4}$ turn right and step forward with RF - $\frac{1}{4}$ turn right and stamp LF next to RF (12 o'clock)
