拍數： 48
牅數： 1
級數：Phrased Advanced
編舞者：Shane McKeever（N．IRE）\＆Fred Whitehouse（IRE）－January 2024
音樂：This Is 30 －Loren Rosko


Intro： 32 counts，approximately 16 seconds．Start with the weight on $L$ foot．

Sequence：A，B，A，Tag，A，A，B，A，Tag，Tag，Ending

A Pattern－ $\mathbf{3 2}$ counts， 1 wall

| ［1－8］：Scuff $R$ ，side $R, L$ sailor step，ball side $L, 1 / 8$ fwd $R$ ，press $L$ fwd，swivel $L$ heel out in |  |
| :--- | :--- |
| $1-2$ | Scuff $R$ fwd，step $R$ out to $R$ side |
| $3 \& 4$ | Cross $L$ behind $R$ ，step $R$ to side，step $L$ to $L$ side |
| $\& 5-6$ | Step $R$ next to $L$ ，step $L$ to $L$ side，turn $1 / 8 L$ crossing $R$ over $L$ |
| $7 \& 8$ | Press $L$ ball fwd（10：30），Swivel $L$ heel out $L$ and back again（weight on $R$ ） |

［9－16］：Back LR，twist heels R \＆L \＆down， $1 / 8$ side point click，step $R$ look，roll hips from $L$ to $R$
1－2 Step back on $L, R$ next to $L$
3\＆4 Twist heels up to $R$（you＇re on your toes），twist both heels to $L$ side，twist heels to $R$ and down（weight R）
\＆5－6 Turn $1 / 8 L$ stepping $L$ to $L$ side，point $R$ to $R$ side clicking $R$ hand to $L$ ，transfer weight to $R$ looking and clicking to $R$ side
7－8 Roll hips counter－clockwise transferring weight to $L$ and back to $R$
［17－24］：Cross $L$ over $R$ ，back $R$ ，shuffle $1 / 4$ ，step $R$ fwd，knee pop，down $L$ ，ball dip $1 / 4 R$
1－2 Cross $L$ over $R$ ，step back on $R$
3\＆4 Turn $1 / 4 L$ stepping $L$ fwd，step $R$ next to $L$ ，step $L$ fwd（facing 6：00）
5\＆6 Step R fwd，lift both heels，step L down
\＆7－8 Close $R$ next to $L$ ，step $L$ fwd bending in knees，turn $1 / 4 R$ onto $R$ straightening up in knees （9：00）
［25－32］： $3 / 4$ circle $R$ walking LRLR，rock $L$ fwd，recover on $R$ ，point $L$ back， $1 / 2$ turn $L$
1－4 Walk in $3 / 4$ circle to $R$ walking $L, R, L, R$（6：00）
5－8 Rock $L$ fwd rolling hips fwd and back，recover on $R$ ，Point $L$ foot back，turn $1 / 2 L$ stepping down on L（12：00）

B Pattern－ 16 counts， 1 wall
［1－8］：$R$ basic night club，sway $L R, 1 / 4 L$ fwd，full turn $L$ sweep，cross $1 / 4 R$ into $R$ lunge， $1 / 4 L$ ，step $1 / 2$ turn $L$ 1－2\＆$\quad$ Step $R$ to $R$ side，close $L$ behind $R$ ，cross $R$ over $L$
3\＆Step $L$ to $L$ swaying body $L$ ，sway body $R$ ．Styling：$R$ index finger point up，to the $L$ ，down， and to the R side
4\＆5 Turn $1 / 4 L$ stepping $L$ fwd，turn $1 / 2 L$ stepping back on $R$ ，turn $1 / 2 L$ stepping $L$ fwd and sweeping R fwd（3：00）
6\＆7 Cross $R$ over $L$ ，turn $1 / 4 R$ stepping back on $L$ ，lunge $R$ to $R$ side（12：00）．Styling：hug yourself
\＆8\＆ Turn $1 / 4 L$ stepping $L$ fwd，step $R$ fwd，turn $1 / 2 L$ stepping $L$ fwd（3：00）
［ $9-16$ ］： $1 / 4 \mathrm{~L}$ into half diamond，rock $R$ fwd，recover，step turn $1 / 2$ ，full turn $L, 1 / 8$ out $R L$
1－2\＆turn $1 / 4 L$ stepping $R$ to $R$ side，turn $1 / 8 L$ stepping $L$ back，step $R$ back（10：30）
3－4\＆$\quad$ Turn $1 / 4 L$ step $L$ fwd，step $R$ fwd，step $L$ fwd（7：30）
5\＆Rock R fwd，rock L back ．．．Styling：roll in hips fwd and back
6\＆7\＆Step $R$ fwd，turn $1 / 2 L$ onto $L$ ，turn $1 / 2 L$ stepping $R$ back，turn $1 / 2 L$ stepping $L$ fwd（1：30）
8\＆
Turn $1 / 8 L$ stepping $R$ to $R$ side，step $L$ to $L$ side（12：00）

## Tag - 16 counts

[1-8]: Down $R$ with hip rolls, hitch and snap fingers $R$, down $L$ with hip rolls, $1 / 2 L$ hitch and snap fingers $L$
1-4 Step $R$ to $R$ side bending in knees rolling hips RLRLR, straighten knees and hitch $L$ snapping R fingers up
5-8 Step $L$ to $L$ bending knees rolling hips $L R L R L$, straighten knees turning $1 / 2 L$ hitching $R$ \& snap $L$ fingers up
[9-16]: Dorothy step, step, lock, reverse chug $1 / 2 L$, together
1-2\& $\quad$ Step $R$ fwd on $R$ diagonal, lock $L$ behind $R$, step $R$ fwd
3-4 Step $L$ fwd on $L$ diagonal, lock $R$ behind $L$
5-8 Turn $1 / 8 L$ chugging $L$ to $L$ side, repeat chugs twice, turn $1 / 8 L$ stepping $L$ next to $R$
Ending - 16 counts
[1-8]: Side R, touch and snap fingers R, Hold X2, repeat to L side
1-4 Step $R$ to $R$ side bringing $R$ hand to $L$, snap fingers to $R$ side and touch $L$ foot into the floor, Hold, hold
5-8 Step $L$ to $L$ side bringing $L$ hand to $R$, snap fingers to $L$ side and touch $R$ foot into the floor, Hold, hold
[9-16]: Step R back w arms crossed, touch and snap fingers, Hold X2, side L, touch, Hold, repeat steps but with hands, step $L$ out $L$ with hands
1-4 Step $R$ back crossing arms in front of body, snap both fingers to sides and touch $L$ foot fwd, Hold, hold
\&5-6 Step $L$ to $L$ side raising $L$ hand to $L$ with three fingers up, touch $R$ next to $L$, hold
\&7-8 $\quad L$ arm goes down as you step $R$ to $R$ side raising $R$ hand up forming a zero, touch $L$ next to R, Hold
1 Step $L$ to $L$ side raising both hands up showing 30 (as above)
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