

Step

拍數: 128 牆數: 1 級數: Phrased High Intermediate
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音樂: Step - LAY



Sequence : A B C D A B C D A Tag A

A S1: Side Touch Side, Weave, Side Touch Side, Weave wz 1/4 Turn

1&2 Step RF side (1) Touch LF beside RF(&) Step LF side wz RF fan toes right (2)
3&4 Cross RF behind LF(5) Step LF side(&) Cross RF over LF(6)
5&6 Step LF side (5) Touch RF beside LF(&) Step RF side wz LF fan toes left (6)
7&8 Cross LF behind RF (7) Turn 1/4R RF fwd(&) Step LF fwd(8) 3h

A S2: 3/4Turn left, Chasse to right, Cross Rock, Side Together

1 2 3&4 Step RF fwd(1) 3/4Turn left weight on LF(2) Chasse to right R-L-R (3&4)6h
5 6 7 8 Cross LF over RF rock(5) Recover to RF (6) Step LF side(7) Step RF together(8)

A S3: Dorothy Steps, Dorothy Steps wz 1/4 Turn , Rock steps, Coaster steps

12& Step LF fwd diagonal (1) Lock RF behind(2) Step LF fwd diagonal (&)
34& 1/4Turn right Step RF fwd diagonal(3) Lock LF behind(4) Step RF fwd diagonal(&)9h
5 6 Rock LF fwd(5) Recover to RF (6)
7&8 Step LF back (7) Step RF next LF(&) Step LF fwd(8)

A S4: Fwd Rock, 1/2 Shuffle Turn , 1/2 Shuffle Turn , Back Rock

1 2 Rock RF fwd (1) Recover to LF(2)
3&4 1/2Turn right R-L-R shuffle fwd(3&4)3h
5&6 1/2Turn right L-R-L shuffle back (5&6) 9h
7 8 Rock RF back (7) Recover to LF (8)

B S1: Side, Cross Rock, Side, Back Back

1 2 3 4 Step RF side, Hold(1 2) Cross Rock LF over RF(3) Recover to RF (4)
5 6 7 8 Step LF side, Hold(1 2) 1/8Turn right Step RF back(7) Step LF back (8)10:30h

B S2: Side ,1/4 Step fwd, Side, Back Rock 1 2 3 4 1/8Turn right Step RF side, Hold(1 2) 1/8Turn right Step LF fwd(3)Step RF fwd(4)1:30h

5 6 7 8 1/8Turn right Step LF side, Hold(5 6) Cross Rock RF behind(7) Recover to LF(8) 3h

B S3: Side, Cross Rock, Side, Back, Back

1 2 3 4 Step RF Side, Hold (1 2) Cross Rock LF over RF(3) Recover to RF(4)
5 6 7 8 Step LF side, Hold (5 6) 1/8Turn right Step RF back (7) Step LF back(8)4:30h

B S4: Side, Cross Rock, Walk a Circle

1 2 3 4 1/8Turn right Step RF side, Hold(1 2) Cross LF over RF(3) Recover to RF(4)6h
5 6 7 8 Turn left Walk a Circle L-R-L-R(5 6 7 8)6h

C S1: Jumpx3 ,Clap, Out-Out-In-In, Touch Upper body & Roll down

1 2 3 4 Jump to left (1) Jump to right (2) Jump to left(3) Clap(4)
5 & Step RF out + Reach right hand to side(5) Step LF out+ Reach left to side(&)
6 & Step RF in+Put right hand on chest(6) Step LF in+ Put left hand on chest (&)
7 8 Both Hands Touch Upper body down + Bodyroll down (7 8)

C S2: Touch out-in Side, Touch ,Box Turn

1 2 3 4 Touch RF out (1) Touch RF in (2) Step RF side (3) Touch LF beside RF(4)

5 6 1/4Turn left Step LF side(5) 1/4Turn left Step RF side(6) 12h
7 8 1/4Turn left Step LF side(7) 1/4Turn left Step RF side(8) 6h

C S3: Cross Point, Side Point, Cross Point, 1/4Turn ,1/4Turn,Diva Snap,Stepx2

1 2 LF Heel Cross Touch over RF +Cross Both hands(1) Point LF side+Open both Hands(2)
3 4 LF Heel Cross Touch over RF +Cross Both hands(3)1/4Turn left Step RF fwd(4)3h
5 6 1/4Turn left Step RF side(5) Kick LF diagonal + Snap right over right (6) 12h
7 8 Step LF side (7) Step RF beside LF (8)

C S4: Heel Touchx3 ,Touch, Small Step backx4

1&2& LF Heel Tap fwd(1) Step LF next RF(&) RF Heel Tap fwd(2) Step RF next LF(&)
3&4 LF Heel Tap fwd(3) Step LF next RF(&) Touch RF beside LF(4)
5 6 7 8 Small step back R-L-R-L (5 6 7 8) + Shake right index finger

D S1: Back-Back-Fwd-Fwd x3

&1 2 Step RF back(&) Step LF next RF (1) Hold(2)
&3 4 Step RF fwd(&) Step LF next RF (3) Hold (4)
&5&6 Step RF back(&) Step LF next RF (5) Step RF fwd(&)Step LF next RF(6)
&7&8 Step RF back(&) Step LF next RF (7) Step RF fwd(&)Step LF next RF(8)

D S2: K-Steps

1 2 Step RF diagonal fwd (1) Touch LF beside RF(2)
3 4 Step LF diagonal fwd (3) Touch RF beside LF(4)
5& Step RF diagonal back(5) Touch LF next RF(&)
6& Step LF diagonal back(5) Touch RF next LF(&)
7&8 Step RF diagonal back (7) Touch LF next RF (&) Step LF side(8)

D S3: Step Kick-Hook x2, Point&Point x2

&1&2 Step RF side(&) Kick LF fwd (1) Hook LF over RF(&) Kick LF fwd(2)
&3&4 Step LF side(&) Kick RF fwd (3) Hook RF over LF (&) Kick RF fwd(4)
&5&6 Step RF next LF(&) Point LF side(5)Step LF next RF(&)Point RF side(6)
&7&8 Step RF next LF(&) Point LF side(7)Step LF next RF(&)Point RF side(8)

D S4: Jazz Box, Jazz Box+Pop

1 2 3 4 Cross RF over LF(1)Step LF back(2)Step RF side(3)Cross LF over RF(4)
5 6 Cross RF over LF (5) Step LF back (6)
7 8 Step RF side (7) Step LF beside RF+ Pop RF knee(8)

Tag: Step fwd, 1/2Pivot Turn, 1/4Turn Side, Together+Pop

1 2 Step RF fwd(1)1/2Turn left weight on LF(2) 3h
3 1/4 Turn left Step RF side (3)12h
4 Step LF beside RF +Pop RF knee+Thumbs of both hands pointing to chest(4)12h

Last Update – 13 Sept. 2024 – R1
