

It's Tricky

拍數: 32 牆數: 4 級數: Improver
編舞者: Adela Greenbaum (AUS) - January 2025
音樂: It's Tricky - Run-DMC



Intro: 20 counts – start on first chorus

[1 – 8] Slide right, cha cha forward, slide left, cha cha back (12:00)

- 1-2 Step R to R, drag L to meet R
- 3&4 Step R forward, step L to meet R, step R forward
- 5-6 Step L to L, drag R to meet L
- 7&8 Step L backward, step R to meet L, step L backward

[9 – 16] Weave R, hook L behind, cha cha diagonal L, sweep R back, swivel ¼

- 9-10 Step R to R, step L across in front of R (12:00)
- 11-12 Step R to R, hook L behind R and tap heel with R hand (12:00)
- 13&14& Step L diagonally fwd to L, step R to meet L, step L diagonally fwd L, close R beside to L(12:00)
- 15-16 Sweep R around and behind, plant foot and swivel ¼ (3:00)

[17 – 24] Heel-toe shuffle R, fan kick L, stomp R (3:00)

- 17-18 Weight on heels turn feet 45 degrees R, weight on toes turn feet 45 degrees L
- 19-20 Weight on heels turn feet 45 degrees R, weight on toes turn feet 45 degrees L
- 21-22 Kick L out and around in an arc to L with foot flexed
- 23-24 Land on L, stamp R beside to L, transferring weight to R

[25 – 32] L heel tap x2, L toe tap x2, weave L, hook R behind (3:00)

- 25-26 Tap L heel in front twice
- 27-28 Tap L toe behind twice
- 29-30 Step L to L, step R across in front of L
- 31-32 Step L to L, hook R behind L and tap heel with L hand

Repeat from the beginning

Last Update: 5 Feb 2025