La Naturalle



拍數: 48 牆數: 2 級數: Improver

編舞者: William Sevone (UK)

音樂: Natural Born Boogie - Humble Pie



4X TOE POINT-STEP WITH EXPRESSION

1-2	(Moving forward) touch right toe forward & pointing inward, step right foot down pointing
	forward

3-4 (Moving forward) touch left toe forward & pointing inward, step left foot down pointing forward

(Moving forward) touch right toe forward & pointing inward, step right foot down pointing 5-6

forward

7-8 (Moving forward) touch left toe forward & pointing inward, step left foot down pointing forward

Odd counts: lean body slightly backward & turn into toe point Odd counts: click leading fingers forward, trailing fingers to rear

KICK FORWARD, ½ RIGHT STEP FORWARD, SCUFF, STEP FORWARD, 2X LOCKSTEP

9-10	Kick right foot forward, turn ½ right & step forward onto right foot
11-12	Scuff left foot forward, step forward onto left foot
13-14	Lock right foot behind left, step forward onto left foot
15-16	Lock right foot behind left, step forward onto left foot

CROSS STEP, UNWIND 1/4 LEFT, FORWARD HEEL TOUCH, 1/4 RIGHT TOGETHER, 2X STOMP-SIDE **TOE TOUCH**

17-18	Cross step right foot over left, unwind ¾ left (weight on right foot)
19-20	Touch left heel forward, turn 1/4 right & step left foot next to right
21-22	Stomp right foot next to left, touch right toe to right side
23-24	Stomp right foot next to left, touch left toe to left side

4X BACKWARD DIAGONAL CROSS SHUFFLES

25&26	(Moving diagonally backward right) cross step left foot behind right, step right foot to right side, cross step left foot behind right
27&28	(Moving diagonally backward left) cross step right foot behind left, step left foot to left side, cross step right foot behind left foot
29&30	(Moving diagonally backward right) cross step left foot behind right, step right foot to right side, cross step left foot behind right
31&32	(Moving diagonally backward left) cross step right foot behind left, step left foot to left side, cross step right foot behind left foot

4X HIP ROLLS, FORWARD SAILOR STEP, STEP FORWARD, PIVOT 1/2 LEFT

33-34	Step left foot to left side & roll hips to left, roll hips to right (weight on right foot)
35-36	Roll hips to left (weight on left foot), roll hips to right (weight on right foot)

Style note: counts 33-36: roll hips in figure of 8

37&38 Cross step left foot behind right, step right foot next to left, step forward onto left foot

39-40 Step forward onto right foot, pivot ½ left (weight on left foot)

2X FORWARD DIAGONAL CROSS SHUFFLES, WALK BACKWARD: RIGHT-LEFT-RIGHT-LEFT

41&42	(Moving diagonally forward left) cross step right foot over left, step left foot to left side, cross
	step right foot over left
43&44	(Moving diagonally forward right) cross step left foot over right, step right foot to right side,

cross step left foot over right

Walk backward: right, left, right, left 45-48

REPEAT

RESTART

Restart after count 40 on walls 2, 4, 6, 8, and 10

DANCE FINISH

Around count 32 of the 11th wall the music will begin to fade, continue the dance up to and including count 44 then do the following -

45-46 Step backward onto right foot, turn ½ left & step forward onto left foot

47-48 Step forward onto right foot, step left foot next to right with left hand on hat brim