No I-Dea!

拍數: 64

級數: Intermediate contra dance

編舞者: Chris Peel (UK)

音樂: Ain't Got No Idea - Pirates of the Mississippi

Position: In two lines facing gap between dancer on the opposite side No intro. Count "6,7,8" and begin dance on the "i" from the initial sentence: "Ain't got no i-dea"

WALKING STEPS FORWARD, KICK, WALKING STEPS BACK, TOUCH

- 1-4 Step right forward, step left forward, step right forward, kick left forward
- 5-8 Step left back, step right back, step left back, touch right beside left

PIVOT 1/2 TURN LEFT (TWICE), WALKING STEPS FORWARD, KICK

- 9-10 Step right forward into ½ turn pivot left, switch weight forward onto left
- 11-12 Step right forward into ¹/₂ turn pivot left, switch weight forward onto left
- 13-16 Step forward right, step forward left, step forward right, kick left forward

STEPS BACK WITH POINTS, STEPS BACK WITH CROSS KICKS

- 17-20 Step left back, touch right toe to side, step right back, touch left toe to side
- 21-24 Step left back, kick right across left, step right back kick left across right

CROSS ROCKS, KICK, STEP, PIVOT ¼ TURN LEFT

- 25-26 Step left across right (maintaining diagonal to right), rock weight back onto right
- 27-28 Cross rock weight forward onto left, rock weight back onto right
- 29-30 Kick left across right, step left beside right (adjusting to center)
- 31-32 Step right forward into pivot ¼ turn left, switch weight to side onto left (now aim for the gap to your right)

BIG SIDE STEPS TO RIGHT, STEP TOGETHER (THREE TIMES), PIVOT ¼ TURN LEFT

- 33-36 Big side step right, step left beside right, big side step right, step left beside right
- 37-38 Big side step right, step left beside right
- 39-40 Step right forward into pivot ¼ turn left, switch weight to side onto left (now facing opposite number)

CROSS KICK, STEP (LEADING RIGHT, THEN LEFT), SIDE JACK (ON THE BEAT)

- 41-42 Kick right across left, step right forward (adjusting to center)
- 43-44 Kick left across right, step left forward (adjusting to center)
- 45-46 Side step right, side step left (feet, shoulder width apart)
- 47-48 Step right home, step left beside right

WEAVE LEFT, KICK, SIDE STEP, STEP TOGETHER, SIDE STEP

- 49-52 Step right across left, side step left, step right behind left, side step left
- 53-54 Kick right across left, side step right (adjusting to center)
- 55-56 Step left beside right, side step right (feet slightly less than shoulder-width apart)

WEAVE RIGHT, KICK, SIDE STEP, STEP TOGETHER, SIDE STEP

- 57-60 Step left across right, side step right, step left behind right, side step right
- 61-62 Kick left across right, side step left (adjusting to center)
- 63-64 Step right beside left, side step left (feet slightly less than shoulder-width apart)

REPEAT





牆數:2

OPTIONAL TAG

Only for third repetition: dance beats 1-32 and return to the beginning, to cover the 8-bar section preceding the instrumental verse. Change beats 31-32 to

31-32 Step right forward, step left beside right omitting the turn

The steps work well without the tag but phrasing with the lyrics is not maintained.