Oops I Slipped (P)

拍數: 32

級數: Partner

編舞者: Mark Caley (UK) & Jan Caley (UK)

音樂: I Slipped and Fell In Love - Alan Jackson

Position: Right Open Promenade (holding inside hands facing LOD)

MAN: KNEE ROLLS, ROCK, SIDE SHUFFLE; LADY: KNEE ROLLS, ROCK, SIDE SHUFFLE

- 1-2 MAN: Roll left knee to the left, roll right knee to the right
 - LADY: Roll right knee to the right, roll left knee to the left
- 3-4 MAN: Repeat 1-2
 - LADY: Repeat 1-2
- 5-6 MAN: Rock back on left, recover to right
 - LADY: Rock back on right, recover to left
- 7&8 MAN: Side shuffle making 1/4 turn right - left, right, left
 - LADY: Side shuffle making 1/4 turn left right, left, right

Counts 1-4 knee rolls can be substituted for hip bumps. Lady facing inside the circle, touch man's left hand and lady's right on count 8

SHUFFLES FORWARD, ROCK, ½ TURN SHUFFLE

- 9&10 MAN: Shuffle forward making 1/4 turn left- right, left, right LADY: Shuffle forward making a 1/4 turn right left, right, left 11&12 MAN: Side shuffle to left making 1/4 turn right
- LADY: Side shuffle to right making 1/4 turn left

Over counts 7-12 you will travel forward in LOD. Now facing each other man holding both hands

- 13-14 MAN: Rock back on right, recover to left
 - LADY: Rock back on left, recover to right
- 15&16 MAN: Right shuffle forward making 1/2 turn left
 - LADY: Left shuffle forward making 1/2 turn right

Man's right releases lady's left. Raise man's left arm, lady's right so lady turns under her own right arm. At this point man is on the outside facing into the circle, lady is on inside facing outside the circle

ROCK STEP, RECOVER, SHUFFLES, ROCK & CROSS

- 17-18 MAN: Rock back on left, recover weight to right LADY: Rock back on right, recover weight to left
- 19&20 MAN: Left shuffle forward making 1/2 turn right
- LADY: Right shuffle forward making 1/2 turn left

Lady turns under her own right arm

21-22 MAN: Rock back on right, recover weight to left

LADY: Rock back on left, recover weight to right

- Rejoin double hand hold, facing each other, man on inside facing OLOD 23&
 - MAN: Right rock to right side, step left in place
- LADY: Left rock to left side, step right in place
- 24 MAN: Cross right over left LADY: Cross left over right

WALK, HOLD, WALK, HOLD, SHUFFLE (TWICE)

Release man's left hand with lady's right

- 25-26 MAN: Make a 1/4 turn left walk forward on left, hold
 - LADY: Make a 1/4 turn right and walk forward on right, hold
- Now facing LOD in open promenade position, holding inside hands
- 27-28 MAN: Walk forward on right, hold





牆數: 0

	LADY: Walk forward on left, hold
29&30	MAN: Left shuffle forward
	LADY: Right shuffle forward
31&32	MAN: Right shuffle forward
	LADY: Left shuffle forward

REPEAT