Dancin' Shoes Mixer

拍數: 32

牆數:0

編舞者: Jo Thompson Szymanski (USA)

音樂: I'm In Love With a Capital "U" - Joe Diffie

Position: Executed in circle to the left. Partners face each other, both hands joined at waist level, lead with back to center of circle

LEAD'S FOOTWORK

STEP/TOGETHER/STEP/ KICK

- 1 Step left foot to left side, weight on it
- 2 Slide right foot next to left foot, weight on right
- 3 Step left foot to left side, weight on it
- 4 Pivot 1/4 left on ball of left foot and kick right foot in direction of line of dance (LOD)

STEP/TOGETHER/STEP/KICK

- 5 Pivot back to starting position and step right foot to right side, weight on it
- 6 Slide left foot next to right, weight on left foot
- 7 Step right foot to right side, weight on it
- 8 Pivot ¹/₂ right on ball of right foot and kick left foot in direction of reverse line of dance (RLOD)

TURN, KICK / TURN, KICK

- 9 Step left foot ¹/₂ in direction of LOD, weight on it
- 10 Kick right foot down LOD
- 11 Step right foot 1/2 in direction of RLOD, weight on it
- 12 Kick left foot down RLOD

TWIST, 2, 3, 4

13-16 Bring feet together and swivel on balls of both feet to face body down LOD, then RLOD, then down LOD, then to face partner, weight on right

VINE, 2, 3, TOUCH

17 Step left foot to left side, weight on it

Drop his right hand (her left) and lift his left hand to allow lady to turn underneath raised hands

- 18 Cross right foot behind left foot, weight on right
- 19 Step left foot to left side, weight on it
- 20 Weight remaining on left, touch right toe next to left foot

Lower his right hand to help prevent lady from 'over turning'

VINE, 2, 3, TOUCH

21 Step right foot to right side, weight on it

Raise hands again to allow lady to turn back

- 22 Cross left foot behind right foot, weight on left foot
- 23 Step right foot to right side, weight on it
- 24 Weight remaining on right, touch left toe next to right foot

Release hands

BACK, 2, 3 / CLAP

- 25-27 Walk backward into circle left-right-left
- 28 Clap hands and touch right toe next to left foot





級數:

WALK, 2, 3 / TOUCH

- 29-31 Walk down LOD on forward diagonal right-left-right toward new partner
- 32 Turn to face new partner, touch left toe next to right foot

Rejoin hands

FOLLOW'S FOOTWORK

STEP/TOGETHER/STEP/ KICK

- 1 Step right foot to right side, weight on it
- 2 Slide left foot next to right foot, weight on left
- 3 Step right foot to right side, weight on it
- 4 Pivot ¼ right on ball of right foot and kick left foot in direction of line of dance (LOD)

STEP/TOGETHER/STEP/KICK

- 5 Pivot back to starting position and step left foot to left side, weight on it
- 6 Slide right foot next to left, weight on right foot
- 7 Step left foot to left side, weight on it
- 8 Pivot ¼ right on ball of left foot and kick right foot in direction of reverse line of dance (RLOD)

TURN, KICK / TURN, KICK

- 9 Step right foot 1/2 in direction of LOD, weight on it
- 10 Kick left foot down LOD
- 11 Step left foot ¹/₂ in direction of RLOD, weight on it
- 12 Kick right foot down RLOD

TWIST, 2, 3, 4

13-16 Bring feet together and swivel on balls of both feet to face body down LOD, then RLOD, then down LOD, then to face partner, weight on left foot

TURN, 2, 3, TOUCH

17 Turn ¼ right, facing LOD, weight on right

Drop his right hand (her left) and lift his left hand to allow lady to turn underneath hands

- 18 Pivot ¼ right on ball of right foot, facing outside of circle. Step right down next to left
- 19 Pivot ¹/₂ on ball of left foot, facing inside of circle and partner. Step right down, weight on it
- 20 Weight remaining on right, touch left toe next to right

Lower his right hand to help prevent lady from 'over turning'

TURN, 2, 3, TOUCH

21 Step left foot ¼ left, facing RLOD

Raise hands again to allow lady to turn back

- 22 Pivot ¼ left on ball of left foot, facing LOD / step right down next to left
- 23 Pivot ½ left on ball of right foot, facing inside
- 24 Weight remaining on left foot, touch right foot next to left foot

Release hands

BACK, 2, 3 / CLAP

25-27 Walk backward away from circle right-left-right28 Clap hands and touch left toe next to right foot

WALK, 2, 3 / TOUCH

- 29-31 Walk down RLOD on forward diagonal left-right-left toward new partner
- 32 Turn to face new partner, touch right toe next to left

REPEAT