

Calypso Holiday

拍數: 64 牆數: 2 級數:
編舞者: Lois Sturgeon (AUS)
音樂: Day Off - Ronnie McDowell



- 1-2 Rock back on right turning ½ turn right, rock forward on left turning ½ turn left
3&4 Shuffle right-left-right turning full turn left
5-6 Rock back on left turning ½ turn left, rock forward on right turning ½ turn right
7&8 Shuffle left-right-left turning full turn right
- 1-2 Rock back on right turning ½ turn right, rock forward on left turning ½ turn left
3&4 Turning ½ turn left on ball of left, shuffle back at 45 degrees right (stepping right-left-right)
5&6 Shuffle back at 45 degrees left (stepping left-right-left)
7-8 Rock back on right turning ½ turn right, rock forward on left turning ½ turn left
- 1-2 Scoot forward right at 45 degrees right (big step dipping right shoulder), slide left together
3&4 Shuffle forward at 45 degrees right (stepping right-left-right)
5&6 With right on ball of right, step left heel across right drop left toe, drop right heel turning ½ turn right
7&8 Repeat 5&6 above (completing full turn)
- 1-2 Scoot forward left at 45 degrees left (big step dipping left shoulder), slide right together
3&4 Shuffle forward at 45 degrees left (stepping left-right-left)
5&6 With left on ball of left, step right heel across left drop right toe, drop left heel turning ½ turn left
7&8 Repeat 5&6 above (completing full turn)
- "INSERT"**
- 1&2 Rock/step right toe to right side, rock/replace onto left, step right across behind left
&3&4 On balls of both feet with feet still crossed, twist heel out, in, out, in
5&6 Rock/step left toe to left side, rock/replace onto right, step left across behind right
&7&8 On balls of both feet with feet still crossed, twist heel out, in, out, in
- "INSERT"**
- 1&2 Rock/step right toe to right side, rock/replace onto left, step right across behind left
3&4 Rock/step left toe to left side, rock/replace onto right, step left across behind right
5-6 On heel of right foot, turn full turn to left dropping onto toe of right as turn is completed
7&8 Shuffle to left (stepping left-right-left)
- 1&2 Tap right toe to right side, step right next to left, step left across in front of right
3&4 Repeat steps 1&2
5-8 Step forward on right, (next 3 steps will complete 1 & ½ turns moving forward), step back left turning ½ turn right, step forward right turning ½ turn right, step back left turning ½ turn
1-8 Repeat last 8 steps

REPEAT

On the third repetition (3rd wall) after completing both sections marked "insert" step onto right turning ½ turn right, step left together and then dance again both sections marked "insert". The rest of the dance then continues.