Just Perfection

級數: Improver

編舞者: Alan Haywood (UK) - February 2008

音樂: Poetry In Motion - Johnny Tillotson : (Album: Poetry In Motion)

Start on main vocals (4 counts after drum beats - approx 19 seconds)

牆數:4

R side, together, R side, touch L, L side, together, L side, touch R

- 1-2 Step right to right side, step left next to right
- 3-4 Step right to right side, touch left next to right
- 5-6 Step left to left side, step right next to left
- 7-8 Step left to left side, touch right next to left

Option – to move the dance above beginner towards intermediate, just do rolling right vine touch left, rolling left vine touch right

R forward, 1/2 L, R forward, clap, hips RLRL

- 1-2 Step forward onto right, pivot ½ turn left
- 3-4 Step forward onto right, clap
- 5-6 Bump hips forward right, bump hips back left
- 7-8 Bump hips forward right, bump hips back left (keep weight on left) (6 o'clock)

R forward shuffle, rock forward L, recover R, walk back LRL, touch R

- 1&2 Step forward onto right, close left next to right, step forward onto right
- 3-4 Rock forward onto left, recover weight back onto right
- 5-6-7-8 Walk back left, right, left, touch right next to left

Option - to move the dance above beginner towards intermediate, change the walk back

(counts 5-6-7) to a full turn left stepping left right left, touch right

Make 1/4 R Monterey, R heel forward, R together, L toe back, L together

- 1-2 Point right to right side, make ¼ turn right stepping right next to left
- 3-4 Point left to left side, step left next to right
- 5-6 Touch right heel forward, step right next to left
- 7-8 Touch left toe back, step left next to right (9 o'clock)

Begin again.

This song has been covered by many artists - all tracks fit. I prefer the Del Shannon version. You choose!

NO TAGS OR RESTARTS - HOORAY!!!!!





拍數: 32