

Single Ladies

拍數: 32 牆數: 4 級數: Advanced Beginner
編舞者: William Sevone (UK) - January 2009
音樂: Single Ladies (Put a Ring On It) - Beyoncé : (Album: I Am Sasha Fierce)



Choreographers note:- This dance is ideally suited for the Advanced Beginner due to the foot rotation within the restart as well as the 2nd and 3rd sections. See additional note for Restart
**Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts very quickly – on the 4th count of the music - on the word 'Single'.**

Tap. Together, Tap-Together-Tap. 4x 1/4 Right Tap (12:00)

- 1 – 2 Tap right toe to right side. Step right next to left.
- 3& 4 Tap left toe to left side, step left next to right, tap right toe to right side.
- 5 – 6 Turn ¼ left & tap right toe to right side (9). Repeat (6)
- 7 – 8 Turn ¼ left & tap right toe to right side (3). Repeat (12)

Cross. Bwd. Together-Cross-Tap. 2x Diagonal Step-Together (12:00)

- 9 – 10 Cross right over left. Step backward onto left.
- &11- 12 Step right next to left, cross left over right, tap right toe to right side.
- 13 upper body right & backward – Step (no weight) right diagonally left with toes pointing right.
- 14 straightening upper body – Touch right foot next to left.
- 15 upper body right & backward – Step (no weight) right diagonally left with toes pointing right.
- 16 straightening upper body – Step right foot next to left.

RESTART: Wall 8: count 16 - Tap right foot next to left then restart dance from count 1

At the start of Wall 7 (facing 6:00) there is a distinct change in the music.

This change continues till count 16 of the 8th Wall (facing 3:00)

Cross. Bwd. Together-Cross-Tap. 2x Diagonal Step-Together (12:00)

- 17 – 18 Cross left over right. Step backward onto right.
- &19- 20 Step left next to right, cross right over left, tap left toe to left side.
- 21 upper body left & backward – Step (no weight) left diagonally right with toes pointing left.
- 22 straightening upper body – Tap left foot next to right.
- 23 upper body left & backward – Step (no weight) left diagonally right with toes pointing left.
- 24 straightening upper body – Tap left foot next to right.

Cross. 1/2 Right. 1/2 Right Bounce-Side. 2x 1/4 Right Tap. 1/4 Right Together. Cross (9:00)

- 25 – 26 Cross left over right. Unwind ½ right (weight on right) (6)
- 27& 28 27& Bounce ½ right on right foot, 28 Step left to left side (12).
- 29 – 30 Turn ¼ right & tap right toe to right side (3). Repeat (6)
- 31 – 32 Turn ¼ right & step right next to left (9). Cross left over right.