

Push Start

拍數: 64 牆數: 0 級數: Intermediate
編舞者: Dom Yates (UK) - May 2013
音樂: Hey Porsche - Nelly : (iTunes)



40 Count Intro

[1-8] Syncopated Side Rocks, Sailor Step, Weave ¼ Turn

1,2& Rock right to side, recover onto left, step right in place
3,4 Rock left to side, recover onto right
5&6 Cross left behind right, step right in place, step left to side
7&8 cross right behind left, make ¼ left stepping forward on left, step forward on right

[9-16] Step Pull x2, Walks Back, Coaster Step

1,2 Step forward on left (no weight), drag left foot next to right taking weight
3,4 Step forward on right (no weight), drag right foot next to left taking weight
5,6 Walk back left, right

Alternative: Replace counts 5,6 with moonwalks

7&8 Step back on left, step right next to left, step forward on left

[17-24] Step Drag, Knee Splits, Step Back, ½ Turn Right, Touch

1,2 Step forward right, drag left next to right
&3&4 Split knees apart and back together twice
5 Step back right
6&7 Step back on left, make ½ turn right stepping forward on right, step forward on left
8 Touch right in place

[25-32] Modified Monterey Turns, Rolling Vine 1 ¼, Step

1,2 Point right to side, make ½ turn right stepping right next to left
3,4 Point left to side, make ¼ turn left stepping left next to right
5 Point right to side
6&7 Make ¼ turn right stepping forward on right, make ½ turn right stepping back on left, make ½ turn right stepping forward on right
8 Step forward on left

[33-40] Pivot ½ Turn, ¾ Turn, Bump x3, ¾ Turn

1,2 Step forward on right, pivot ½ turn to left
3 Make ½ turn left stepping back on right
4,5,6 Make ¼ turn left stepping left to side bumping to left, bump right, left
7,8 Make ¼ turn right stepping forward on right, make ½ turn right stepping back on left

[41-48] Coaster Kick, Step Drag, Out Out, Swivels Together

1&2& Step back on right, step left next to right, kick right foot forward, step down on right
3,4 Step forward left, drag right to touch next to left
5,6 Step out right, left
7&8 Bring both feet together swivelling both toes in, both heels in, both toes in

[49-56] Side, Weave ½ Turn, Sailor Step, Out Out Ball Cross

1 Step right to side
2&3 Cross left behind right, make ¼ turn right stepping forward on right, make ¼ turn right stepping left to side
4&5 Cross right behind left, step left in place, step right to side
6,7 Step out left, right

&8 Step left next to right, cross right over left

[57-64] Side Hold (Body Roll), Ball Side Rock ¼, ½ Turn Step Back, Coaster

1,2& Step left to side, hold (Option: Body Roll to Left), step right next to left

3,4 Rock left to side, recover onto right making ¼ turn right

5,6 Make ½ turn right stepping back on left, step back on right

7&8 Step back on left, step right next to left, step forward on left

Start Again

Restart: Wall 5 after 36 Counts, ¼ turn bumping to the left facing 6 o'clock wall, Start again

Contact: dom_y@hotmail.com, 07738 643681
