

So Excited

拍數: 64 牆數: 2 級數: Improver
編舞者: Mathias Pflug (DE) - June 2013
音樂: So Excited - Lou Bega : (amazon.de)



Intro: Start on vocals.

S1 - Point, touch, point, kick, behind, side, cross, hold

1-4 Point r to r side, Touch r beside l, Point r to r side, Kick r diagonally forward
5-8 Cross r behind l, Step l to l side, Cross r over l, hold

S2 - Point, touch, point, kick, behind side, 1/4 turn r, hold

1-4 Point l to l side, Touch l beside r, Point l to l side, Kick l diagonally forward
5-8 Cross l behind r, Step r to r side, 1/4 turn r stepping l forward, hold (3.00)

S3 - Slow mambo fwd, back, lock, back, hold

1-4 Step r forward, Recover on l, Step r beside l, hold
5-8 Step l back, Lock r in front of l, Step l back, hold

S4 - Back rock, recover, stomp beside, hold, touch forward, point, stomp beside, hold

1-4 Step r back, Recover on l, Stomp r beside l, hold
5-8 Touch r toe forward, Point r toe to r side, Stomp r beside l, hold

S5 - Side, behind, 1/4 turn r forward, hold, step, 1/2 turn r, step, hold

1-4 Step r to r side, Cross l behind r, 1/4 turn r stepping r forward, hold
5-8 Step l forward, 1/2 turn r on both balls, Step l forward, hold (6.00)

(RESTART here during wall 7, facing 12 o'clock!)

S6 - Full turn l, step, hold, rock forward, recover, back, together

1-4 Full turn left on two step (r-l), Step r forward, hold (12.00)
5-8 Step l forward, Recover on r, Step l back, Step r beside l

S7 - Heel swivels + go down/up knees

1-2 Swivel both heels to r side, hold
3-4 Swivel both heels to l side, hold
5 Swivel both heels to r side & go a little bit down your knees
6 Swivel both heels to l side & go a little more down your knees
7 Swivel both heels to r side & go up from knee
8 Swivel both heels back to centre & go up in the normal position

S8 - Kick, 1/8 turn l r+l+r+l

1-2 Kick r forward, 1/8 turn l stepping r beside l
3-4 Kick l forward, 1/8 turn l stepping l beside r
5-8 Repeat 1-4

Repeat & Enjoy! :)

Contact: Mathias-Pflug@gmx.de - mp-linedance.jimdo.com