Causin' a Commotion

級數: Easy Intermediate - Contra

編舞者: Tajali Hall (CAN) - March 2013

音樂: Causin' a Commotion - Greg Sczebel : (iTunes)

16 count intro (start on vocals)

拍數: 32

Note: When doing this dance contra, start in staggered lines (so that there is an opening for you to go through between the two people across from you) and have both lines fairly close together facing each other (so that you can reach each other's hands).

You will travel left and right during the first 24 counts, just make sure you're back in your original "window" by the start of the last set of 8 so that you can grab hands and pull each other through.

When you do the chase turn and step touch at the end of the dance, make sure you still finish the dance IN FRONT of each other in your staggered lines – do not go past each other back through the lines. See demo video on YouTube (link above).

TOE, SCUFF, STEP, TOE, SCUFF, STEP, FORWARD MAMBO, BACK COASTER CROSS

- 1&2 Touch right toe next to left instep, scuff right foot, step forward on right
- 3&4 Touch left toe next to right instep, scuff left foot, step forward on left
- 5&6 Rock forward right, recover weight to left, step right next to left
- 7&8 Step back on left, step right next to left, cross left over right

SCISSOR STEP, WEAVE, SCISSOR STEP, STEP, DRAG

- 1&2 Step right to right side, slide left next to right, cross right over left
- &3&4 Step left to left side, cross right behind left, step left to left side, cross right over left
- 5&6 Step left to left side, slide right next to left, cross left over right
- 7-8 Big step right to right side, drag left in next to right (finishing with weight on left)

TOUCH, HITCH, TOUCH, BEHIND, SIDE CROSS (x2)

- 1&2 Touch right toe to right side, low hitch with right, touch right toe to right side
- 3&4 Step right behind left, step left to left side, cross right over left
- 5&6 Touch left toe to left side, low hitch with left, touch left toe to left side
- 7&8 Step left behind right, step right to right side, cross left over right

SYNCOPATED HEEL STEPS, GRAB HANDS, PULL THROUGH, CHASE TURN, STEP, TOUCH

- 1&2& Touch right heel forward, step right next to left, touch left heel forward, step left next to right
- 3-4 Grab the hands of person across from you, pull through as you take big step forward on right, step forward on left
- 5&6 Step forward right, pivot ½ turn left, step forward right (6:00)
- 7-8 Step left forward, touch right next to left

START AGAIN AND HAVE FUN! ?

RESTARTS

1st Restart: after first set of 8 on wall 3 2nd Restart: after first set of 8 on wall 7 3rd Restart: after count 4 on wall 9

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牆數

牆數:2