

Pills & Potions

Count: 32

Wand: 2

Ebene: Intermediate

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Musik: Pills N Potions - Nicki Minaj : (Album: The Pinkprint)



Info: □ Intro 8 counts

S1: Step Side, Syncopated Sailor With Diagonal Lock Step, Diagonal Full Triple Turn, Rock Recover, Cross, Hinge Turn

- 1 RF □ step side
- 2 LF □ cross behind
- & RF □ step beside
- 3 LF □ $\frac{1}{8}$ turn left, step forward [10.30]
- & RF □ lock behind
- 4 LF □ step forward
- 5 RF □ $\frac{1}{2}$ turn left, step backward
- & LF □ $\frac{1}{2}$ turn left, step forward
- 6 RF □ $\frac{1}{8}$ turn right, cross over [12]
- 7 LF □ side rock
- & RF □ recover
- 8 LF □ cross over
- & RF □ $\frac{1}{4}$ turn left, step backward
- 1 LF □ $\frac{1}{4}$ turn left, step side [6]

S2: Cross, Rock, Ball, Lock Step, Step Pivot $\frac{1}{2}$, Triple Turn $1\frac{1}{4}$

- 2 RF □ rock cross
- 3 LF □ recover
- & RF □ step beside
- 4 LF □ step forward
- & RF □ lock behind
- 5 LF □ step forward
- 6 RF □ step forward
- 7 R+L □ $\frac{1}{2}$ turn left
- 8 RF □ $\frac{1}{2}$ turn left, step backward
- & LF □ $\frac{1}{2}$ turn left, step forward
- 1 RF □ $\frac{1}{4}$ turn left, step side [9]

S3: Sailor Into Lock Step $\frac{1}{2}$ Turn, Sweep, Cross, Lunge Side Recover $\frac{1}{4}$ R, Step Pivot $\frac{1}{2}$ R, $\frac{1}{4}$ R Side

- 2 LF □ cross behind
- & RF □ step beside
- 3 LF □ $\frac{1}{4}$ turn left, step forward [6]
- & RF □ lock behind
- 4 LF □ $\frac{1}{4}$ turn left, step forward
- & RF □ sweep forward
- 5 RF □ cross over
- 6 LF □ rock/lunge side
- 7 RF □ $\frac{1}{4}$ turn right, recover
- 8 LF □ step forward
- & L+R □ $\frac{1}{2}$ turn right
- 1 LF □ $\frac{1}{4}$ turn right, step side [3]

S4: Sailor Step $\frac{1}{4}$ R, Walk x2, Syncopated Rock Recover $\frac{1}{4}$ L, Step Pivot $\frac{3}{4}$ L

2 RF□cross behind
& LF□step beside
3 RF□¼ turn right, step forward
4 LF□walk
5 RF□walk
6 LF□rock cross
& RF□recover
7 LF□¼ turn left, step forward
8 RF□step forward
& R+L□¾ turn left [6]

START OVER AGAIN

Restarts: -

On wall 4 and 8 after count 8 (section 1)

On wall 11 after count 13 (count 5, section 2),then:

6 hold

start over again
