

Salute

Count: 160

Wand: 0

Ebene: Phrased Intermediate

Choreograf/in: Melvin Tan (MY) - August 2015

Musik: Salute - Little Mix



Dance Start from beginning.

Sequence: ABC ABC A tag BC A

PART A (64 counts)

Section A1: □ Step Touch 3x, Stomp, Stomp

1 2 3 4 Step RF to Right, Touch LF beside RF, Step LF to Left, Touch RF beside LF

5 6 7 8 Step RF to Right, Touch LF beside RF, Stomp LF to Left, Stomp RF to Right

Section A2: □ Body & Hand movement

1 2 3 4 Hands folded at the same time hip roll anti-clockwise twice

5 6 7 8 Open right arm to Right, Open left arm to left, both arms up, down (like hammer)

Section A3: □ Stomps

1 2 3 4 Stomp on RF, Hold, Stomp on LF, Hold

5 6 7 8 Stomp on RF, Hold, Stomp on LF, Hold

Section A4: □ Out, Out, Back, Back

1 2 3 4 Step RF to R, Hold, Step LF to L, Hold

5 6 7 8 Walk Back on RF, LF, RF, LF

Section A5: □ Step Touch 2x (Chest pop)

1 2 3 4 Step RF to R with chest pop, Hold, Touch LF beside RF, Hold

5 6 7 8 Step LF to L with chest pop, Hold, Touch RF beside LF, Hold

Section A6: □ March In Place

12345678 March in place on RF, LF, RF, LF, RF, LF, RF, LF

Section A7: □ Step In Place at the same time Pop Left Knee In 4x (shoulder drop on right)

1 2 Step RF in place at the same time pop left knee in, Stand straight,

3 4 Pop left knee in (shoulder drop on right), stand straight,

5 6 Pop left knee in (shoulder drop on right), stand straight,

7 8 Pop left knee in (shoulder drop on right), stand straight,

Section A8: □ Stand still with Salute hand, Hand Roll above Head Twice

1 2 3 4 Stand Still with Salute Hand Hold 4 counts (right hand)

5 6 7 8 Roll right hand clock wise twice above head

PART B (32 counts)

Section B1: □ Weave To Right, Weave to Left

1 2 3 4 Cross RF over LF, Step LF to L, Cross RF behind LF, Touch LF to L

5 6 7 8 Cross LF over RF, Step RF to R, Cross LF behind RF, Touch RF to R

Section B2: □ Kick Ball Touch 2x

1 2 3 4 Kick RF Forward, Step RF on Ball, Touch LF to side, Hold

5 6 7 8 Kick LF Forward, Step LF on Ball, Touch RF to side, Hold

Section B3: □ Pivot ½ Turn 2x

1 2 3 4 Step RF forward, Hold, 1/2L Turn, Hold

5 6 7 8 Step RF forward, Hold, 1/2L Turn, Hold

Section B4: Jazz Box Cross, Out, Out Twice

1 2 3 4 Cross RF over LF, Step LF Back, Step RF to R, Cross LF over RF

5 6 7 8 Step RF to R, Step LF to L, Step RF on Ball, Step LF on Ball

PART C (64 counts)

Section C1: Hand & Body movement

1 2 3 4 Right hand back, Left hand back, Head/Body 90 degree Down, Body/head Up,

5 6 Cross both elbow in front of chest - elbow close & close & ,

7 8 Open both hands at the same time hip roll clock wise (from right below left up)

Section C2: Jump Step Together, Step Touch,

1 2 Jump Step Together (both hands palm face out), Hold,

3 4 Both hands palm put in front of chest, Hold

5 6 7 8 Step LF to L, Touch RF beside LF, Step RF to R, Touch LF beside RF

Section C3: Salute Hand, Step Out Out, Hand Movement, Jump Step Together

1 2&3 4 Salute Hand, Hold, Step RF to R, Step LF to L, Hold (Folded both hands)

5 6 7 8 Right hand up 90 degree, Left hand up 90 degree, hold both hands, Jump Step Together

Section C4: Step Touch Forward, Step Touch Side

1 2 3 4 Step RF forward, Touch LF beside RF, Step LF back, Touch RF beside LF,

5 6 7 8 Step RF to R, Touch LF beside, Step LF to L, Touch RF beside LF

Section C5: March in Place, Salute Hand Hold

1 2 3 4 March in place RF,LF,RF,LF,

5 6 7 8 Step RF in Place do a salute hand hold 3 counts

Section C6: Repeat Section 5

Section C7: Repeat Section 5

Section C8: Rocking chair, Step Touch

1 2 3 4 Rock RF forward, recover on LF, Rock RF back, recover on LF

5 6 7 8 Step RF to R, Touch LF beside, Step LF to L, Touch RF beside

TAG (8 counts)

Repeat Part A Section 8

ENJOY!

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