

Alpha & Omega

Count: 64

Wand: 0

Ebene: Beginner

Choreograf/in: Jaime Macías (MEX) - April 2020

Musik: Down On Your Uppers - Derek Ryan



SEC1: TRIPLE STEP, STEP STOMP COMBINATION X 3

- 1-2 diagonally right fwd , left at side
- 3-4 diagonally right fwd, stomp Left at side
- 5-6 diagonally left back, stomp right at side
- 7-8 diagonally right back, stomp Left at side

SEC2: HEEL TOUCH, 1/2 TURN L TOE STRUIT X2, STOMP R, HOLD

- 1-2 heel Left fwd, recover left
- 3-4 ½ turn left toe touch right , drop right heel
- 5-6 ½ turn left toe touch left, drop left heel
- 7-8 stomp right, hold

SEC3: SLOW KICK BALL CROSS, HOLD, SIDE ROCK STEP R, STOMP R, HOLD

- 1-2 kick right fwd, recover right
- 3-4 cross left over right, hold
- 5-6 rock right at side, recover left
- 7-8 stomp right beside left, hold

SEC4: SAILOR ¼ TURN L, HEEL TOUCH L, TRIPLE STEEP R, HOLD

- 1-2 ¼ turn left step left back, right at side
- 3-4 heel left fwd , recover left
- 5-6 right fwd, left at side
- 7-8 right fwd, hold

SEC5: PIVOT ½ TURN R, HEEL STRUIT X 3

- 1-2 left fwd , pivot ½ turn right
- 3-4 heel left fwd, recover left
- 5-6 heel right fwd, recover left
- 7-8 heel left fwd, recover left

SEC6: ROCKING CHAIR X 2

- 1-2 Rock right fwd, recover left
- 3-4 Rock right back, recover left
- 5-6 Rock right fwd, recover left
- 7-8 Rock right back, recover left

SEC7: VINE R, ROLLING VINE L, SCUFF R

- 1,2 right at right, left cross behind right
- 3,4 right at side, toe touch left to side
- 5,6 ¼ turn left recover left, ¼ turn left right fwd
- 7,8 ½ turn left step left fwd, scuff right

SEC 8: VAUDEVILLE L, TOE TOUCH L FWD, CROSS BACK TOE TOUCH R, SCUFF R

- 1-2 cross right over left, left at side
- 3-4 touch right heel fwd, right together
- 5-6 touch left heel fwd, left together
- 7-8 toe touch right cross behind left, scuff right

TAG

1-2 left fwd, recover left

Walls 2 & 5 Only 62 counts & restart

Wall 4 Only 32 Counts 2 Counts TAG & restart

Thanks 4 Reading!
