

Rapika

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Tony Wilson (USA) - August 2010

Musik: Beautiful - Akon, Colby O'Donis & Kardinal Offishall : (CD: Freedom)



32 count in.

SIDE SLIDE HEEL DROPS & HIPS LRL x2

- 1-2 Long step R to right, slide L toe next to R
- 3&4 Bump hips LRL with heel LRL drops (L hip out raise R heel, R hip out raise L heel)
- 5-6 Repeat 1-2
- 7&8 Repeat 3&4

SIDE, CROSS ¼ TURN, STEP, FULL TURN, WALK

- 9-10 Step R to right, cross L over R
- 11-12 Recover on R in place, turning ¼ left step L forward
- 13-14 Full turn left stepping RL moving forward
- 15-16 Walk forward RL

MAMBO, SHUFFLE BACK 2x, TOUCH, UNWIND FULL TURN

- 17&18 Step R forward, recover on L in place, step R next to L
- 19&20 Shuffle back LRL
- 21&22 Shuffle back RLR
- 23-24 Touch L behind R, unwind full turn left weight on L

LINDY RIGHT, WEAVE LEFT

- 25&26 S ide shuffle RLR,
- 27-28 Step L behind R, recover on R
- 29-30 Step L to left, step R behind L
- 31-32 Step L to left, cross R over L

SIDE, KNEE ROLL, TOUCH HITCH x2

- 33-36 Step L to left with R toe remaining out to right, clockwise knee roll in out in out
- 37-38 Touch R toe out to right, hitch R knee across L leg
- 39-40 Repeat 37-38

CROSS BACK HEEL & CROSS, SIDE, KNEE ROLL

- 41-42 Step R across L, step back on L
- 43&44 Touch R heel on right diagonal, step R back, step L across R
- 45-48 Step R to right with L toe remaining out to left, counter clockwise knee roll in out in out

TOUCH HITCH x2, CROSS BACK HEEL & CROSS

- 49-50 Touch L toe out to left, hitch L knee across R leg
- 51-52 Repeat 49-50
- 53-54 Step L across R, step back on R
- 55&56 Tap L heel on left diagonal, step L back, step R across L

SIDE SLIDE WITH ¼ TURN, FORWARD ½ TURN, BACK, ¼ TURN

- 57-58 Step L to left, slide R towards and behind L
- 59-60 Turning ¼ right step back on R, step forward on L
- 61-62 Step R forward, turn ¼ right stepping L to side
- 63-64 Turning ¼ right step back on R leaning back, step R forward into ¼ turn left

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