

Reggae LDIB-VI

Compte: 48

Mur: 4

Niveau: High Beginner

Chorégraphe: Lusiana Maemunah (INA) - October 2020

Musique: Love Yourself (Reggae Cover) - JAHBOY



Start dance on lyrics - No Tag - No Restart

S1: (SIDE, TOUCH) X4

1-4 Step R to side, Touch L toe behind R, Step L to side, Touch R toe behind L
5-8 Repeat 1-4

S2: (HEEL TOUCH, TOE TOUCH, FORWARD SHUFFLE) X2

1-2 Touch R heel forward, Touch R toe back
3&4 Step R forward, Step L together, Step R forward
5-6 Touch L heel forward, Touch L toe back
7&8 Step L forward, Step R together, Step L forward

S3: FORWARD ROCK, RECOVER, BACK LOCK SHUFFLE, TURN ½ LEFT FORWARD LOCK SHUFFLE, TURN ½ LEFT BACK, BACK

1-2 Rock R forward, Recover on L
3&4 Step R back, Cross L over R, Step R back
5&6 Make ½ turn left step L forward, Lock R behind L, Step L forward,
7-8 Make ½ turn left step R back, Step L back

S4: LIFT, TURN ¼ RIGHT HOOK, FORWARD LOCK SHUFFLE, FORWARD, TURN ½ LEFT BACK COASTER STEP

1-2 Touch R toe forward diagonally R, Hook R over L
3&4 Make ¼ turn right step R forward, Lock L behind R, Step R forward
5-6 Step L forward, Make ½ turn left step R back while sweeping L from front to back
7&8 Step L back, Step R next to L, Step L forward

S5: SKATE, SKATE, DIAGONAL RIGHT LOCK SHUFFLE, SKATE, SKATE, DIAGONAL LEFT LOCK SHUFFLE

1-2 Skate R forward diagonally R, Skate L forward diagonally L
3&4 Step R forward diagonally R, Lock L behind R, Step R forward diagonally R
5-6 Skate L forward diagonally R, Skate R forward diagonally R
7&8 Step L forward diagonally L, Lock R behind L, Step L forward diagonally L

S6: (TOUCH&BUMP, SWEEP BACK) X4

1-4 Touch R toe forward &bump, Sweep R back, Touch L forward&bump, Sweep L back
5-8 Repeat 1-4

Begin Again

For more information about this dance please contact: gieprod@yahoo.com