

Elevate

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Nina Chen (TW) - August 2024

Musique: Elevate (DJ John Paul Cha Cha Remix) - Jeff Grecia

Start After Vocal Intro " DJ John Oaul Remix"

No Tag & No Restart !

Sec1: (R & L) TOUCH OUT IN, FLICK - TOGETHER

1-4 Touch Rf toe to R - Touch Rf toe beside Lf - Flick Rf back to R diagonal - Step Rf beside Lf

5-8 Touch Lf toe to L - Touch Lf toe beside Rf - Flick Lf back to L diagonal - Step Lf beside Rf

Sec2: (R & L) DIAGONAL FWD SHUFFLE, JAZZ BOX 1/4 R

1&2, 3&4 Diagonal fwd shuffle (R L R) (L R L)

5-8 Cross Rf over Lf - 1/4 turn R (3:00) step Lf back - Step Rf to R - Cross Lf over Rf

Sec3: (R & L) CHASSE, ROCK BACK - RECOVER

1&2, 3-4 Step Rf to R - Step Lf beside Rf - Step Rf to R, Rock Lf behind Rf - Recover on Rf

5&6, 7-8 Step Lf to L - Step Rf beside Lf - Step Lf to L, Rock Rf behind Lf - Recover on Lf

Sec4: (R & L) HEEL STRUT, HIPS BUMP

1-4 Touch Rf heel to R diagonal fwd - Step Rf beside Lf - Touch Lf heel to L diagonal fwd - Step Lf beside Rf

5&6, 7&8 Hips bump to R twice, Hips bump to L twice

Have Fun & Happy Dancing !!!

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