

Cecilia

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Hayley Wheatley (UK) - October 2014
音乐: Oh Cecilia (Breaking My Heart) - The Vamps



Intro:- 16 count

Restarts on Wall 2 (after 48 counts) and Wall 5 (after 16 counts)

CROSS, SIDE, SAILOR STEP ¼ TURN, HEEL SWITCHES, BRUSH, HITCH, STEP

- 1-2 Cross right foot over left, step left foot to left side
3&4 Turn ¼ turn right stepping right behind left, step left to left side, step right to right side (3:00)
5&6& Tap left heel forward, step left foot next to right, tap right heel forward, step right foot next to left
7&8 Brush left foot forward, hitch left knee, step forward onto left foot

HEEL SWITCHES MAKING ¼ TURN, BRUSH, HITCH, STEP, PIVOT ½ TURN, LEFT SHUFFLE FORWARD

- 1&2& Tap right heel forward while making 1/8 turn right, step right foot next to left, tap left heel forward while making 1/8 turn right, step left foot next to right (6:00)
3&4 Brush right foot forward, hitch right knee, step forward onto right foot
5-6 Step forward onto left foot, pivot ½ turn right
7&8 Step forward on left foot, step right foot next to left, step forward on left foot (12:00)

Restart here during wall 5 facing 12:00

WALK FORWARD, APPLE JACKS, CROSS, SIDE, TOUCH BEHIND WITH DIP, STEP SIDE

- 1-2 Step forward on right foot, step left foot forward next to right
3&4& Twist left toe and right heel to left, recover back to centre, Twist right toe and left heel to right, recover back to Centre, finishing with weight on left foot
5-6 Cross right over left, step left to left side
7-8 Touch right toe behind left while bending knees slightly (optional clicking of the fingers both to left side), step right foot to right side

STEP BEHIND, STEP ¼ TURN, ¼ TURN, HIP BUMPS, ½ HINGE TURN, HIP BUMPS, CROSS ROCK, RECOVER

- 1-2 Step left foot behind right, making ¼ turn right step forward on right foot (3:00)
3&4 Step left foot to left side while making ¼ turn right and bumping hips to left, bump hips to right, bump hips to left (6:00)
5&6 Hinge ½ turn right on ball of left foot, stepping right to right side and bumping hips to the right, bump hips to the left, bump hips to the right
7-8 Cross rock left foot over right, recover onto right foot (12:00)

SHUFFLE ¼ TURN LEFT, KICK BALL POINT, LEFT MAMBO FORWARD, RIGHT MAMBO BACK,

- 1 &2 Making ¼ turn left step forward onto left foot, step right foot next to left, step forward onto left foot (9:00)
3&4 Kick right foot forward, step back onto ball of right foot, point left toe out to left side
5&6 Rock forward onto left foot, recover onto right, step left foot next to right
7&8 Rock back onto right foot, Recover onto left, step right foot next to left

SHUFFLE ½ TURN, BACK ROCK, RECOVER, RIGHT MAMBO FORWARD, LEFT MAMBO BACK

- 1&2 Shuffle ½ turn over right shoulder stepping left, right, left (3:00)
3-4 Rock back on right foot, recover onto left
5&6 Rock forward onto right foot, recover onto left, step right foot next to left
7&8 Rock back onto left foot, Recover onto right, step left foot next to right Restart here on wall 2 facing 6:00

RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, ROCK FORWARD, RECOVER, RIGHT SHUFFLE BACK,

- 1 &2 Step forward on right foot, step left foot next to right, step forward on right foot
3&4 Step forward on left foot, step right foot next to left, step forward on left
5-6 Rock forward onto right foot, recover onto left
7&8 Step back on right foot, step left foot next to right, step back on right foot

TOE STRUT HALF TURN X2, COASTER STEP, BALL STEP, BRUSH

- 1 -2 ½ turn left stepping left toe forward, drop left heel (9:00)
3-4 ½ turn left stepping right toe back, drop right heel (3:00)
5&6 Step back onto left foot, step right foot next to left, step forward onto left foot
&7-8 Step forward onto right foot, step left foot next to right, brush right foot forward

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