

Cheerleader

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mitchell Burgess (AUS) & Rachel Burgess (AUS) - January 2015
音乐: Cheerleader (Felix Jaehn Remix) (Radio Edit) - Omi : (Single)



INTRO: Start with lyrics!! – Weight on L. - 2/4 wall dance

[1-4] □ □ SIDE, TOGETHER, SIDE, TOGETHER, HEEL, HOOK, HEEL

1&2&3&4 Touch R to R side, step R beside L, touch L to L side, step L beside R, touch R heel fwd, hook R under L knee, touch R heel fwd

[5-8] □ □ TOGETHER, ROCK FWD, REPLACE, L COASTER

&5,6,7&8 Step R beside L, rock/step fwd L, replace weight to R, step L back, step R beside L, step fwd L (12.00)

[9-12] □ □ STEP, PIVOT ¼ , CROSS SHUFFLE

1,2,3&4 Step fwd R, pivot ¼ turn L, cross/step R over L, step L to L, cross/step R over L (9.00)

[13-16] □ □ SIDE ROCK, REPLACE, BEHIND, SIDE, CROSS

5,6,7&8 Rock/step L to L, replace weight to R, cross/step L behind R, step R to R, cross/step L over R

[17-20] □ □ CROSS, REPLACE, SIDE, REPLACE, TOUCH, UNWIND ½

1&2&3,4 Cross/step R over L, replace weight to L, rock/step R to R, replace weight to L, touch R behind L, unwind ½ R (weight R) (3.00)

[21-24] □ □ CROSS, REPLACE, SIDE, REPLACE, TOUCH, UNWIND ½

5&6&7,8 Cross/step L over R, replace weight to R, rock/step L to L, replace weight to R, touch L behind R, unwind ½ turn L (weight L) (9.00)

[25-28] □ □ PRISSY WALKS R, L, LOCK/SHUFFLE

1,2,3&4 Cross/step fwd R, cross/step fwd L, step fwd R, cross/step L behind R, step fwd R,

[29-32] □ □ ROCK FWD, REPLACE, 1 & ¼ TRIPLE TURN (OR ¼ L SIDE SHUFFLE)

5,6,7&8 Rock/step fwd L, replace weight to R, turn ½ L & step fwd L, turn ½ L & step back R, ¼ turn L & step L to L (weight L). (6.00)

(OPTIONAL TURN ON COUNT 31 & 32 ¼ TURN L & SIDE SHUFFLE L.) (6.00)

Begin again. □

Restarts:-

Wall 2. : (6.00) Dance counts 1-16 then restart facing (3.00)

Wall 5: (3.00) Dance counts 1-16 then restart facing (12.00)

TAG: End of Wall 7 facing (12.00) The music slows down.. dance the following 32 steps once only... then

Restart from beginning of dance facing (12.00)

&1,2&3,4 Step/Hop R fwd, sweep L around to front over 2 counts, step/hop L fwd, sweep R around to front over 2 counts

5,6,7,8 Cross/step R over L, step L to L, cross/step R behind L, step L to L

1,2,3,4 Cross/step R over L, hold, step back L, step R to R,

5,6,7,8 Cross/step L over R, step R to R, cross/step L behind R, touch R beside L

1,2,3,4 Turning to R corner, step fwd R, turn ½ turn R & step back L, turn ½ R & step fwd R, hold

5,6,7,8 Turning to same corner, step fwd L, turn ½ L, & step back R, turn ½ turn L & step fwd L, hold

1,2,3,4 Step back on same diagonal with R (1), drag L (2), step back L (3), drag R (4),

5,6,7,8 Cross/step R behind L, step L to L, touch R beside L. Restart dance facing (12.00)

Finish: □ Hinge ½ turn L to front.!!

Mitchell & Rachel Burgess

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