

Cheerio

拍数: 48 墙数: 2 级数: Improver
编舞者: Roy Verdonk (NL) & José Miguel Belloque Vane (NL) - January 2015
音乐: Cheerleader (Felix Jaehn Remix) (Radio Edit) - Omi



Intro : after beat kicks in (app. 15 seconds) - (Dance starts in left diagonal to 1.30)

N.b. Clock notation is the direction you're facing unless different indicated

S1: Side/Cross/Side/Touch In Diagonal (2X)

1-2 Lf step left in diagonal (towards 10.30 and facing 1.30) , Rf step across Lf
3-4 Lf step left in diagonal (towards 10.30 and facing 1.30) , Rf touch to right
5-6 Rf step right in diagonal (towards 4.30 and facing 1.30) ,Lf step across Rf
7-8 Rf step right in diagonal (towards 4.30 and facing 1.30) , make 1/8 turn left whilst touching Lf to left (facing 12.00)

S2: 3/4 Turn Left, Shuffle Back L, Rock Back R With Hitch L, Step Forward L, Shuffle Forward R

1-2 make 1/4 turn left stepping Lf forward (9.00) , make 1/2 turn left stepping Rf back (03.00)
3&4 Lf step back, Rf step together, Lf step back
5-6 Rf rock back whilst hitching Lf up, Lf step forward
7&8 Rf step forward, Lf step together, Rf step forward

S3: Step Forward L, Hold, 1/4 Turn L Step R, Hold, 1/2 Turn L Step L, Step Forward R In Diagonal, Shuffle L In Diagonal

1-2 Lf step forward, hold (3.00)
3-4 make 1/4 turn left stepping Rf right (12.00), hold
5-6 make 1/2 turn left stepping Lf left (6.00), make 1/8 turn left stepping Rf forward (4.30)
7&8 Lf step forward, Rf step together, Lf step forward (4.30)

S4: Syncopated Rock Steps R/L, 1 1/4 Turn L, Slide L

1-2& Rf rock forward, recover onto Lf, Rf step together (&)
3-4 make 1/8 turn left whilst rocking Lf forward (3.00) , recover onto Rf
5-6 make 1/2 turn left stepping Lf forward (9.00) , make 1/2 turn left stepping Rf back
7-8 make 1/4 turn left whilst Lf taking big step to left (12.00) , drag Rf next to Lf (weight remains on Lf)

S5: Cross, Side, Syncopated Weave, Side L With Touch And Shoulder Shimmies

1-2 Rf cross in front of Lf, Lf step left
3&4 Rf cross behind Lf, Lf step left (&) , Rf cross in front of Lf
5-6-7-8 Lf take big step left, Rf slide next to Lf over 3 counts whilst shimmying your shoulders

S6: Side R, Touch L Diagonal, Side L, Touch R Diagonal, Ball/Cross, Side Touch R, Sailor R With 1/2 Turn R

1-2 Rf step right, Lf touch in diagonal forward (10.30)
3-4 Lf step left , Rf touch in diagonal forward (1.30)
&5 Rf step together (&) , Lf cross in front of Rf
6 Rf touch right
7&8 Rf cross behind Lf, make 1/2 turn right stepping Lf left (&), Rf step right

Enjoy the dance! !