

Leave It All

拍数: 32 墙数: 4 级数: Improver
编舞者: Sarah Greatwood (UK) - March 2015
音乐: Budapest - George Ezra : (iTunes)



Intro □ 16 Counts [11 seconds in]

Section 1: Right Chasse, Back Rock, Recover, Left Chasse, Back Rock, Recover

1 & 2 Step right to right side, step left beside right, step right to right side
3 – 4 Rock back on left, recover on right
5 & 6 Step left to left side, step right beside left, step left to left side
7 – 8 Rock back on right, recover on left

Section 2: Step, Kick Ball Step, Touch, Kick Ball Step, Step, Touch

1 Step forward on right
2 & 3 Kick left forward, step left beside right, step right slightly forward
4 Touch left beside right
5 & 6 Kick left forward, step left beside right, step right slightly forward
7 – 8 Step left forward, touch right beside left

Section 3: 1/4 Monterey Right, Jazz Box

1 – 2 Point right to right side, pivot 1/4 turn right on ball of left foot stepping right foot next to left
3 – 4 Point left to left side, step left beside right
5 – 6 Cross right over left, step back on left
7 – 8 Step right to right side, step left beside right

Section 4: Jazz Jump Forward, Clap, Jazz Jump Back, Clap, Hip Bumps (x4)

& 1 – 2 Jump slightly forward on right, jump slightly forward left (feet apart), clap
& 3 – 4 Jump slight back on right, jump slightly back left (feet apart), clap
5 – 6 Bump hips forward, bump hips back
7 – 8 Bump hips forward, bump hips back

Tags – end of walls 2 (facing 6:00), 4 (facing 3:00) and 8 (facing 6:00)

At the end of walls 2, 4 and 8 repeat sections 3 and 4

Ending to finish facing the front, at end of wall 11 (facing 6:00) dance the following:

1 1/2 Monterey Right, Jazz Box, Jazz Jump Forward, Clap
1 – 2 Point right to right side, pivot 1/2 turn right on ball of left foot stepping right foot next to left
3 – 4 Point left to left side, step left beside right
5 – 6 Cross right over left, step back on left
7 – 8 Step right to right side, step left beside right
9 – 10 Jump slightly forward on right, jump slightly forward left (feet apart), clap

Choreographer's Note

Due to the Tags you will not start the dance facing 6:00 on the first rotation, 3:00 on the second rotation or 6:00 on the third rotation.

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