

NC1

拍数: 16 墙数: 4 级数: Beginner
编舞者: Sean Nash - April 2015
音乐: I See Me - Travis Tritt



Intro □ 16 Counts [18 seconds in]

Section 1: Nightclub Basic Right, Nightclub Basic Left, Rumba Box

- 1 – 2 & Extended right step to right side, rock left behind right, recover on right
- 3 – 4 & Extended left step to left side, rock right behind left, recover on left
- 5 & 6 Step right to right side, step left beside right, step right forward
- 7 & 8 Step left to left side, step right beside left, step left back

Section 2: Sway, Sway, Right Chasse, Sway, Sway, Left Chasse 1/4 Turn Left

- 1 – 2 Step right to right side swaying hips right, sway hips left
- 3 & 4 Step right to right side, step left beside right, step right to right side
- 5 – 6 Sway hips left, sway hips right
- 7 & 8 Step left to left side, step right beside left, 1/4 turn left stepping left forward

Choreographer's Note

This dance was choreographed as a simplified version of Tina Argyle's improver dance "I See Me" to introduce beginners to nightclub two-step dances – hence the name NC1.

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