

Emergency

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Frank Trace (USA) - July 2015
音乐: Emergency - Icona Pop



Intro: 16 counts to start on vocals

SIDE, TOGETHER, TRIPLE SIDE, ROCK BACK, RECOVER, TRIPLE SIDE

1-2 Step R to right side, step L next to R
3&4 Triple side right, stepping R, L, R
5-6 Rock back on L, recover onto R
7&8 Triple left, stepping L, R, L

CROSS ROCK, RECOVER, TRIPLE ¼ TURN RIGHTM ROCK, COASTER

1-2 Cross rock R over L, recover onto L
3&4 Triple ¼ turn R, stepping R, L, R (3:00)
5-6 Rock forward on L, recover onto R
7&8 Coaster Step; stepping back on L, step R next to L, step L forward

STEP TOUCHES RIGHT & LEFT, STEP FORWARD RIGHT & LEFT, CIRCLE HIPS

1-4 Step R to right side, touch L next to R, step L to left side, touch R next to L
5-6 Step R forward, step L forward next to R
7&8 Circle hips counter-clockwise twice quick

SHUFFLE STEPS MOVING IN A CIRCLE CLOCKWISE

1&2 Shuffle forward stepping R, L, R (curving ¼ right) (6:00)
3&4 Shuffle forward stepping L, R, L (curving ¼ right) (9:00)
5&6 Shuffle forward stepping R, L, R (curving ¼ right) (12:00)
7&8 Shuffle forward stepping L, R, L (curving ¼ right) (3:00)

Note: When doing these steps, imagine that there is a "Hula Hoop" on the floor behind you. Do shuffle steps forward going in a circle around the "Hula Hoop".

START OVER AND SMILE

Last Update - 28th Aug 2015