Loud and Clear



拍数: 64 墙数: 1 级数: Intermediate

编舞者: Teng Teng (MY) - September 2015

音乐: Loud and Clear - Olly Murs



Sequence: A, B, Tag 1, A, B, Tag 1, B (3.00), Tag 2

Part A (16 Counts)

A[1-8] □□SIDE MAMBO (R&L), FRONT MAMBO (R&L)□

Step R to R side, recover on L, step R beside L
Step L to L side, recover on R, step L beside R
Step R forward, recover on L, step R beside L
Step L forward, recover on R, step L beside R

A[9-16] □□SIDE MAMBO (R&L), FRONT MAMBO (R&L)

Repeat counts [1-8] facing 3.00.

Part B (48 Counts)□

B[1-8&] □BASIC NIGHTCLUB (R&L), R FORWARD DIAGONAL, L FORWARD, ½ TURN L, STEP R BACK, STEP L BACK, RECOVER, ½ TURN R STEP L BACK

1 – 2&	Step R to R side, step L behind R, recover on R
3 – 4&	Step L to L side, step R behind L, recover on L

5 – 6& Step R forward to R diagonal (4.30), step L forward, ½ turn L step R back (10.30)

7 – 8& Step L back, recover on R, ½ turn R step L back (4.30)

B[9-16] □1/8 TURN STEP R TO SIDE, STEP L BEHIND, STEP R TO SIDE, CROSS ROCK L, RECOVER, CROSS ROCK R, RECOVER, ¼ TURN R STEP R FORWARD, STEP L, PIVOT ½ TURN R, STEP L FORWARD, ½ TURN L PLACE R BESIDE L

1 – 2& 1/8 turn R step R to R side (6.00), step L behind R, step R to R side

3&4&5& Cross L over R, recover on R, step L to L side, cross R over L, recover on L, ¼ turn R step R

forward

6& Step L forward pivot ½ turn R

7 – 8 Step L forward, ½ turn L place R beside L, bending both knees (9.00)

B[17-24] □□BASIC NIGHTCLUB L, ¼ TURN R WITH SWEEP, CROSS, RECOVER, ¼ TURN L, STEP R BEHIND, ¼ TURN L STEP L FORWARD, STEP R PIVOT ½ TURN L, STEP R FORWARD, ½ TURN R STEP BACK L

6& Step R behind L, ¼ turn L step L forward

7& Step R forward, pivot ½ turn L

8& Step R forward, ½ turn R step back L

B[25-32] □□BASIC NIGHTCLUB (R&L), STEP R TO R DIAGONAL, STEP L, R, RECOVER

1 1/4 Turn R step R to R side (9.00) 2& Step L behind R, recover on R

3 – 4& Step L to L side, step R behind L, recover on L 5 – 8 Step R forward to R diagonal, L, R, recover on L

B[33-40] STEP R BACK, SWEEP, L BACK, SWEEP, R BACK, SWEEP, STEP L BEHIND R, STEP R TO R SIDE, STEP L TO R DIAGONAL, STEP R BACK, SWEEP, L BACK, SWEEP, SAILOR

1 – 3 Step R back sweeping L from front to back, step L back sweeping R from front to back, step

R back sweeping L from front to back

4&5	Step L behind R, 1/8 turn R step R to R side (12.00), step L forward to R diagonal (1.30)
6 – 7	Step R back sweeping L from front to back, step L back sweeping R from front to back
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8& Step R back, L step L beside R

B[41-48] \square BASIC NIGHTCLUB (R&L), ¼ TURN R STEP R FORWARD, STEP L, PIVOT ½ TURN R, STEP L FORWARD, ½ TURN L, STEP R BESIDE L, STEP L BACK \square

1 – 2&	1/9 Turn Liston Dito Disido /12 0	00), step L behind R, recover on R
I – 2α	1/0 Tutti L Step K to K Side (12.0	io), step i benina R, recover on R

3 – 4 & Step L to L side, step R behind L, recover on L

5&6& 1/4 Turn R step R forward, step L forward and pivot 1/2 turn R, step L forward

7 – 8 ½ Turn L step R beside L, step L back

TAG 1 (16 COUNTS)

[1-8] DDBASIC NIGHTCLUB (R, L, R), TOUCH R BESIDE L

1 – 2&	Step R to R side, step L behind R, recover on R
3 – 4&	Step L to L side, step R behind L, recover on L
5 – 6&	Step R to R side, step L behind R, recover on R
7 – 8	Step L to L side, touch R beside L (bend both knees)

[9-16] □□BASIC NIGHTCLUB (R, L, R), ¼ TURN L TOUCH R BESIDE L

1 – 2&	Step R to R side, step L behind R, recover on R
3 - 4&	Step L to L side, step R behind L, recover on L
5 – 6&	Step R to R side, step L behind R, recover on R
7 – 8	Step L to L side, ¼ turn L touch R beside L

^{*} When dancing Tag 1 for the second time, do not make ¼ L turn on count 8. Touch R beside L and start B facing 3.00.

TAG 2 (48 COUNTS)

[1-8] □□BASIC NIGHTCLUB (R, L, R), TOUCH R BESIDE L

1 – 2&	Step R to R side, step L behind R, recover on R
3 – 4&	Step L to L side, step R behind L, recover on L
5 – 6&	Step R to R side, step L behind R, recover on R
7 – 8	Step L to L side, touch R beside L (bend both knees)

[9-48]□□Turn ¼ Left and repeat (5x). End up facing 12.00

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