Pitch Perfect

拍数: 32

级数: Intermediate

编舞者: Lisa Svärd (SWE) - July 2015

音乐: Flashlight - Jessie J : (Album: Pitch perfect soundtrack)

Intro 16 counts	
Step with Sweep. Weave & Sweep. Behind. ¼ Turn Right. Step. Left Triple Turn. Anchor Step.	
1	Step forward on L, Sweeping R from back to front
2&3	Step R in front of L, Step L to the side, step R behind L, Sweeping L from front to back
4&5	Step L behind R, ¼ Turn R stepping R forward, step L forward (3.00)
6&7	$\frac{1}{2}$ Turn L stepping back on R, $\frac{1}{2}$ Turn L stepping forward on L, step R forward
8&1	Lock L behind R, Step down on R, Step back on L (3.00)
½ Turn Right. Step. Left Triple Turn. Press. Run Back. ¼ Turn Left with a Sway. Sway.	
2	Turn ½ by stepping forward on R (9.00)
3	Step forward on L
4&5	$\frac{1}{2}$ Turn L stepping back on R, $\frac{1}{2}$ L stepping forward on L, press R forward
6&7	Run back on L, run back on R, ¼ Turn L stepping L to L side into a sway (6.00)
8	Sway to the right *R*
Basic to Left. Basic to Right. Hinge ½ Turn R. Step. Point. Lock Step Back & Sweep with 1/8 Turn Right.	
1,2&	Take a long step to the side with L, rock R behind L, recover on L
3,4&	Take a long step to the side with R, rock L behind R, recover on R
5	Step L to left as you turn $\frac{1}{2}$ Right with R in a low hook (12.00)
6,7	Step forward on R to R diagonal, point L forward (1.30)
8&1	Step back on L, cross R over left, step back on left sweeping R front to back & Turn 1/8 R (3.00)
Behind. Side. Cross. Unwind Full Left. Left Chassé. Rock. Recover. ¼ Turn R. Right Triple Turn & Sweep.	
2&	Step R behind L, Step L to L side
3	Cross R over L and do a full unwind L turn with weight still on R
4&5	Step L to L, step R beside L, step L to L
6&7	Rock R behind L, recover on L, ¼ Turn R by stepping R forward (6.00)
8&1	$\frac{1}{2}$ Turn R stepping back on L, $\frac{1}{2}$ Turn R stepping forward on R, step forward on L, Sweeping R from back to front (first step of the dance) (6.00)
R Restart on wall 3 after 16 counts	

R Restart on wall 3 after 16 counts.

** A special thanks to the one and only, beautiful Giggi Wänqvist for helping me to write down the steps and create the very first step sheet.

Contact: lisasvard93@gmail.com





墙数: 2