Locked Away Love

拍数: 32

级数: Novice - Intermediate

编舞者: Taren Gaia (SA) - November 2015

音乐: Locked Away (feat. Adam Levine) - R. City

(Intro 36 counts)

Choreographer Notes: This dance has a samba feel however the steps can be danced plain for novice level dancer. Samba related steps where applicable have been added for info purposes

[1.1-8] IMambo fwd, mambo back, side point, 1/2 turn R with tap, 2 x upper body rolls

- 1&2 Step RF fwd, recover weight onto LF, step RF to LF
- 3&4 Step LF back, recover weight onto RF, step LF to RF
- 5-6 point RF to R side, make ½ turn R keeping weight in LF & tap RF to LF
- 7-8 roll your twice upper body in a circle (alternative: 2 small upper body contractions right & left)

[2.1-8] Walk, walk, chasse fwd, cross back side, cross shuffle side (voltas)

- 1-2 Walk RF fwd, Walk LF fwd
- 3&4 Step RF fwd, Step LF behind RF, step RF fwd
- 5&6 Step LF over RF, step RF back, step LF to L side
- 7&8& Cross RF over LF, Step LF to L side, Cross RF over LF, Step LF to L side,

[3.1-8] Samba Step x2 (bota foga), Point fwd, point side, weave, sweep

- 1&2 Cross RF over LF, step LF to L side, recover weight onto RF
- 3&4 Cross LF over RF, step RF to R side, recover weight onto LF
- 5-6 Point RF fwd, Point RF to R side (styling: can add hip bumps)
- 7&8& Step RF behind LF, step LF to L side, cross RF over LF, sweep LF from back to front

[4.1-8] Weave R, sweep, weave L, walk, walk, step fwd ¼ pivot together

- 1&2 Cross LF over RF, step RF side, step LF back,
- & sweep RF from front to back (alternative: replace sweep with hitch for more samba feel)
- 3&4 Step RF behind LF, step LF to L side, Step RF fwd
- 5-6 Walk LF fwd, Walk RF fwd
- 7&8 Step LF fwd, make ¼ pivot R transferring weight onto RF, step LF to RF with weight

Tag: 4 count Tag after wall 3 and 7

- 1-3 Sway right, left, right
- 4 Bring LF next to RF with weight

Enjoy

Please feel free to use alternative music.

However any changes to the stepsheet are to be approved by the choreographer Contact the choreographer on taren@fusodanse.co.za or via facebook





墙数:

墙数:4