

Focus

拍数: 64 墙数: 4 级数: Phrased High Intermediate
编舞者: Andrico Yusran (INA) - November 2015
音乐: Focus - Ariana Grande



Start On lyric - SEQUENCE : A A B, A A B, TAG, B A, TAG, B B

SeQ A – 32 counts

A1. Syncopated - Mambo Cross - Side Chasse - Swivel

1&2& Step R forward , L recover, Step R back, L recover
3&4 Step R to side, L recover, Step R cross over L
5&6 Step L to side, Step R close beside L, Step L to side
7&8 Step Heels L, R, L

A2. Syncopated - Mambo Cross - Side Chasse - Swivel

1&2& Step L forward , R recover, Step L back, R recover
3&4 Step L to side, R recover, Step L cross over R
5&6 Step R to side, Step L close beside R, Step R to side
7&8 Step Heels R, L, R

A3. Syncopated Samba Cross 2X

1&2& Step R cross over L, Step L to side, Step R cross back over L, Step L to side
3&4 Step R cross over L, Step L to side, Step R in place(weight on R)
5&6& Step L cross over R, Step R to side, Step L cross back over R, Step R to side
7&8 Step L cross over R, Step R to side, Step L in place (weight on L)

A4. Cross Shuffle -Sweep- Cross Shuffle - Sweep- Syncopated 1/4 R

1&2& Step R cross over L , Step L to side, Step R cross over L, Sweep L
3&4& Step L cross over R, Step R to side, Step L cross over R, Sweep R
5&6 Step R cross over L, Step L back, Step R 1/4 to R
&7&8 Step L cross over R, Step R back, Step L back, Step R touch back Close beside L

SEQ : B – 32 counts

B1.Side -Tap - Side - Tap - Side - Chasse

1&2& Step R to side, Tap L close beside R, Step L to side, Tap R close beside L
3&4& Step R to side, Step L close beside R, Step R to side, Tap L close beside L
5&6& Step L to side, Tap R close beside L, Step R to side, Tap L close beside R
7&8 Step L to side, Step R close beside L, Step L to side

B2. Syncopated - 1/4 R - Cross Rock - Side - Cross Shuffle

1&2& Step R cross over L, Step L back, Step R back diagonal, Step L cross over R
3&4 Step R back, Step L back, Step R 1/4 to R
5&6 Step L cross over R, Step R recover, Step L to side
7&8 Step R cross over L, Step L to side, Step R cross over L

B3. Step Forward 1/4 L, Shuffle(bended), Forward Lock Shuffle, Pivot 1/2 L, Forward , Touch

1-2&3 Step L forward 1/4 L, Step R forward, Step L close beside R, Step R forward bend knees 1/4 R
4&5 Step L forward 1/4 L, Step R cross behind L, Step L forward
6&7-8 Step R forward, Turn 1/2 L weight on L, Step R forward, Step L touch to side

B4. Heel Jacks -Back Flick - Step 1/4 R forward - Pivot

1&2 Step L cross over R , Step R to side , Step L heel diagonal to L

&3&4 Step L close beside R, Step R cross over L, Step L to side, Step R heel diagonal to R
5-6 Step R heel up behind L, Step R forward 1/4 to R
7&8 Step L forward, Turn 1/2 R , Step L close beside R

Tag (4 counts)

Scissor - Rumba Forward

1&2 Step R to side, Step L close beside R, Step R cross over L
3&4 Step L to side, Step R close beside L, Step L forward

Enjoy the Dance

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