

# 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**

**Contact: [ricoyusran@yahoo.com](mailto:ricoyusran@yahoo.com)**

---