

Magnets

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Bracken Heidenreich (USA) - January 2016
音乐: Magnets (feat. Lorde) - Disclosure : (Album: Caracal, Deluxe - iTunes)



Intro: 16 counts.

[1-8] (DIAGONAL) FORWARD, MAMBO STEP, TRIPLE HALF, WALK AROUND, STEP PIVOT

- 1 Step right forward toward 10:30
- 2&3 Step left forward; & recover on right in place; Step left back
- 4&5 Make quarter turn right stepping right to right side; & close left next to right; make another quarter turn right stepping right forward (4:30)
- 6,7 Making rounded turn right to end up at 10:30, walk left, walk right
- 8& Step left forward; & pivot half turn right (4:30)

[9-16] POINT, CROSS, SIDE (SPIRAL HOOK), TRIPLE SIDE, CROSS ROCK, QUARTER

- 1 Make 1/8 turn right and point left to left side (9:00)
- 2 Step left across (in front of) right
- 3& Step right to right side; & spiral half turn left, hooking left in front of right (3:00)
- 4&5 Step left to left side; & close right next to left; step left to left side
- 6,7,8 Rock right across (in front of left); recover to left in place; make quarter turn right stepping right forward (6:00)

[17-24] STEP TURN TOUCH, FORWARD, TOUCH, SIDE, COMPRESS, QUARTER, SWEEP HALF

- 1,2 Step left forward; make half turn right dragging right to touch next to left and compressing (12:00)
- 3,4 Step right forward and slightly towards left diagonal; drag left next to right
- 5,6 Step left to left side; compressing in, drag right to touch next to left
- 7,8 Make quarter turn right stepping right forward; make half turn right sweeping left from back to front (9:00)

[25-32] FORWARD, HALF, LOCK STEP BACK, SWEEP, BACK, SWEEP, BACK

- 1,2 Step left forward prepping for turn; make half turn left stepping right back (3:00)
- 3&4 Step left back; & lock right in front of left; step left back
- 5,6 Sweep right from front to back; step right back (option: roll left shoulder back on sweep)
- 7,8 Sweep left from front to back; step left back (option: roll right shoulder back on sweep)

[33-40] SIDE ROCK, FORWARD, SIDE ROCK, FORWARD, MAMBO STEP, QUARTER ROCK AND CROSS AND

- 1&2 Rock right to right side; & recover to left in place; step right forward
- 3&4 Rock left to left side; & recover to right in place; step left forward
- 5&6 Step right forward; & recover to left in place; step right back
- 7&8&& Make quarter turn left and rock left to left side (facing 12:00); & recover in place on right; step left across (in front of) right; & step right to right side

[41-48] SYNCOPATED PARTIAL DIAMOND, MAMBO FORWARD, MAMBO BACK

- 1&2 Step left across (in front of) right; & make 1/8 turn left and step right to right side; step left back
- 3&4 Step right behind left: & make 1/8 turn left and step to left side; Make 1/8 turn left and step right forward (7:30)
- 5&6 Step left forward; & recover in place on right; step left back
- 7&8 Step right back; & recover in place on left; step right forward

[49-56] FORWARD, DRAG, FORWARD, DRAG, ROCK AND HALF, AND STEP, 3/4 SPIRAL

- 1,2 Step left forward and slightly across right; drag right up next to left
- 3,4 Step right forward and slightly across left; drag left up next to right
- 5&6 Rock left forward; & recover to right in place; make half turn left stepping left forward (1:30)
- &7,8 Step right next to left; step left forward; make 3/4 spiral turn over right shoulder (10:30)

***(Restart here on wall 2)**

[57-64] FORWARD, DRAG, FORWARD, DRAG, FORWARD ROCK, HALF, STEP SPIRAL (FULL)

- 1,2 Step right forward and slightly across left; drag left up next to right
- 3,4 Step left forward and slightly across right; drag right up next to left
- 5,6 Rock right forward; recover in place on left
- 7,8& Make half turn over right shoulder stepping right forward (4:30); step left forward; & full spiral turn to right

START OVER

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