

Perfect

拍数: 32 墙数: 4 级数:
编舞者: Sara Lynn (USA) - February 2016
音乐: F**kin' Perfect - P!nk : (iTunes)



Begin on 1st beat (mistreated)

[1-8] Mambo forward, run, run, ¼ sway, sway, sway, sailor ¼ turn

1&2 rock forward right (1) recover on left (&) step back on right (2)
3&4 step back left (3) step back right (&) ¼ left stepping left to left side (4) (9 o'clock)
5, 6 sway right (5) sway left (6)
7&8 step right behind left (7) step left to left side (&) step right to right side making a ¼ turn left
 keeping weight on right (8) (6 o'clock)

[9-16] ½, 1/4 , rock recover, side, cross samba, cross samba,

1,2 ½ turn left stepping forward on left (12 o'clock) (1) ¼ turn left stepping right to right side (2) (9
 o'clock)
3&4 rock left behind right (3) recover weight to right (&) step left to left side (4)
5&6 cross right over left (5) rock left to left side (&) recover to right (6)
7&8 cross left over right (7) rock right to right side (&) recover to left (8)

[17-24] Cross, side, ¼ side shuffle, cross full unwind, rock recover

1, 2 cross right over left (1) step left to left side (2)
3&4 ¼ turn right stepping right to right side (12 o'clock) (3) step left next to right (&) step right to
 right side (4)
5, 6 cross left over right (5) make a full turn unwinding right keeping weight on right (12 o'clock)
 (6)
7, 8 rock left to left side (7) recover to right (8)

[25-32] Walk, walk, shuffle forward, step ½ turn, step ¼ turn

1, 2 step forward left (1) step forward right (2)
3&4 step forward left (3) step right to left (&) step left forward (4)
5, 6 step forward right (5) make a ½ left stepping forward on left (6 o'clock) (6)
7, 8 step forward right (7) make a ¼ left stepping left to left side (3 o'clock)

Tag 1 (4 counts) end of 2nd wall (6 o'clock)

Mambo forward, coaster step

1&2 rock right foot forward (1) recover weight to left (&) step right foot back (2)
3&4 step left foot back (3) step right foot to left (&) step left foot forward (4)

Tag 2 (4 counts) end of 6th wall (6 o'clock) end of rap verse

Step, hold, step, hold

1, 2 step forward right (1), hold (2)
3, 4 step forward left (3), hold (4)

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