

EGOcentric

拍数: 32 墙数: 4 级数: Improver - Samba rhythm
编舞者: Tom Inge Soenju (NOR) - May 2016
音乐: Ego (Radio Edit) - Willy William : (iTunes, Google Play and Amazon)



Note: The music has a samba rhythm and uses therefore a-counts (1 e & a 2) throughout parts of the dance. Instead of a-counts one can teach with only &-counts, but delay the execution of the &-counts to get the samba-rhythm where appropriate.

Intro: 32 counts. Start on vocals. No Tags or Restarts.

Section 1: R Cross-Step-Heel, L Cross-Step-Heel, Step, Touch, Step, Heel, 1/8 Turn-FW L Step-Lock-Step

- 1 a Cross right foot over left foot and step left foot to left side
- 2 & Touch right heel diagonally to right side and step right foot back
- 3 a Cross left foot over right foot and step right foot to right side
- 4 & Touch left heel diagonally to left side and step left foot down
- 5 a Touch ball of right foot in place and step right foot down
- 6 Touch left heel diagonally to left side (in place)
- 7 a Turn 1/8 to your left (9:00) stepping left foot forward and lock right foot behind left foot
- 8 Step left foot forward

Section 2: FW Cross samba x 2, ¼ Turn paddle x 2, R Rock FW, R Rock B

- 1 a Cross right foot over left foot and rock ball of left foot out to left side
- 2 Recover weight onto right foot
- 3 a Cross left foot over right foot and rock ball of right foot out to right side
- 4 Recover weight onto left foot
- 5 Step right foot forward and paddle turn a quarter to your left
- 6 Step right foot forward and paddle turn a quarter to your left
- 7 & Step (rock) right foot forward and recover weight onto left foot
- 8 & Step (rock) right foot back and recover weight onto left foot

Section 3: FW Walk x 2, FW R Step-Lock-Step, L Cross- ¼ Turn-Step, R Cross rock FW, R Diag Rock B

- 1 Step right foot forward
- 2 Step left foot forward
- 3 a Step right foot forward and lock left foot behind right foot
- 4 Step right foot forward
- 5 a Cross left foot over right foot and turn a ¼ to your left (12:00) and step right foot back
- 6 Step left foot forward
- 7 & Cross (rock) right over left foot and recover weight onto left foot
- 8 & Step (rock) right foot diagonally back and recover weight onto left foot

Section 4: R Cross, L Side rock, Recover, Sailor ¼ Turn-Touch, Hold, Step, FW Low kick x 2

- 1 Cross right foot over left foot
- 2 Step (rock) left foot to left side
- 3 Recover weight onto right foot
- 4 a Quarter turn to your left (9:00) sweeping left foot behind right foot and step down then step right foot next to left foot
- 5 Touch left toes in front
- 6 & Hold and step left foot beside right foot
- 7 & Low kick right foot forward and step right foot next to left foot
- 8 & Low kick left foot forward and step left foot next to right foot

Start again and enjoy!

End: Dance as normal till the music ends.

Contact: Tom I. Soenju, linedancing.no@gmail.com

Last Update - 28th May 2016
