

The Pressure

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Allan Bungeneers (BEL) & Raymond Sarlemijn (NL) - June 2016
音乐: What's the Pressure - Laura Tesoro



S1: Step forward, dorethy step, ¼ turn left, kick ball change, lock behind, ½ turn right

1 LF step forward
2 RF behind LF.
& Lf step forward
3 RF step forward
4 ¼ turn left
5 RF kick forward
& RF close LF.
6 LF step left.
7 RF lock behind LF
8 ½ turn right, weight split weighted

S2: Right Heel, left heel, 2x right heel, ball change, ¼ turn left, sweep, sweep, sweep

1 Lift right heel up, but leave toes on floor
2 Lift left heel up, but leave toes on floor
3 lift right heel up, but leave toes on floor
& Recover heel back on floor
4 Lift right heel up, but leave toos on floor
& RF close LF
5 LF cross over RF
6 1/4 turn lef, RF step back, while doing this sweep LF.
7 LF step back, while doing this sweep RF.
8 RF step back while doing this sweep LF

S3: Coaster step, 2x camel walks, mambo forward, coaster step

1 LF step back. forward.
& RF Close LF
2 LF step forward.
3 RF step forward, while doing this lock Left knee into right knee
4 LF step forward, while doing this lock Right knee into left knee.
5 RF step forward.
& Recover weight LF.
6 Rf step back
7 LF step back.
& RF close LF
8 LF step forward.

S4: Knee twist, ½ turn right kick ball change, step forward, ½ turn right step back, ¼ turn right sweep, coatsstep.

1 Twist both knees right.
2 Twist both knees left.
3 ½ turn right, RF kick forward.
& RF close LF.
4 LF step forward.
5 RF step forward.
6 ½ turn right, LF step back

& ¼ turn right, while doing this sweep RF.

7 RF step back.

& LF close RF.

8 RF step forward.

TAG: before wall 4, 4 step forward ½ turn around over left, start walking with left.

START AGAIN, HAVE FUN !!!
