

38 Degrees

拍数: 64 墙数: 2 级数: Phrased Low Intermediate
编舞者: Rose Chun (MY) - June 2016
音乐: 38 Degrees - DJane HouseKat & Rameez



Introduction : After 4 counts ready to start on vocal "degrees"...

Sequence : A-B-B-B-A*- A-B-B-B-B-B

Restart :

A* = 2nd time Part A after 30 counts, the last 2 counts on 7-8 change into "½ turn L back(12.00) weight on L, Touch R beside L". Restart with Part A again!

Part A - 32 counts

SEC A1 : NIGHTCLUB BASIC, ¼ TURN FWD, ¼ TURN RECOVER

1 – 4 Step R to side right (1), Hold (2), Rock L Behind R (3), Recover on R (4)
5 – 6 Turn ¼ Left (9.00) Stepping L fwd, Hold
7 – 8 Turn ¼ Left (6.00), Recover on L

SEC A2 : REPEAT SEC 1 (End-up facing 12 o'clock)

SEC A3 : R BOX STEP

1 – 4 Step R to side right, Close L next to R, Step R fwd, Hold
5 – 8 Step L to side left, Close R next to L, Step back L, Hold

SEC A4 : BACK ROCK RECOVER, FWD ROCK RECOVER, TOUCH

1 – 4 Step back on R(1), Hold(2), Recover on L(3), Hold(4)
5 – 8 Step fwd on R(5), Hold(6), Recover on L(7), Touch R beside L(8)

Part B – 32 counts

SEC B1 : R SIDE MAMBO, L SIDE MAMBO, R SIDE TOUCH, L SIDE TOUCH

1 & 2 Step R to side right, Rock recover on L, Step R next to L
3 & 4 Step L to side Left, Rock recover on R, Step L next to R
5 – 6 Step R to side right, Touch L to side left (shoulder shimmy)
7 – 8 Step L to side left, Touch R to side right (shoulder shimmy)

SEC B2 : R CROSS SAMBA, L CROSS SAMBA, R CROSS CHASSE, L ½ TURN CROSS CHASSE

1 & 2 Step R fwd across L, Rock ball of L side left, Recover on R
3 & 4 Step L fwd across R, Rock ball of R side right, Recover on L
5 & 6 Cross R over L, Step L to side left, Cross R over L
7 & 8 Turn ½ Left (6.00) stepping L over R, Step R to side right, Cross L over R

SEC B3 : ¼ TURN FWD SHUFFLE, FWD ½ TURN KICK, COASTER STEP, STEP LOCK STEP

1 & 2 Turn ¼ right (9.00) stepping R fwd, Step L beside R, Step R fwd
3 – 4 Step L fwd with a ½ turn to right (3.00), kick R fwd
5 & 6 Step R back, Step L beside R, Step R fwd
7 & 8 Step L fwd, Lock R behind L, Step L fwd

SEC B4 : ½ TURN FWD TOES DROP , ½ TURN BACK TOES DROP, PADDLE ¼ TURN, PADDLE ½ TURN

1 – 2 Turn ½ left (9.00) with toes R fwd, Dropping R to back
3 – 4 Turn ½ left (3.00) with toes L to back, Dropping L fwd
5 – 6 Step R fwd, make a ¼ turn to left (12.00) recover on L
7 – 8 Step R fwd, make a ½ turn to left (6.00) recover on L

HAPPY DANCING!

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