

Fragile

拍数: 64 墙数: 2 级数: Advanced
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音乐: "Fragile" by Kygo (Google Play)



Pattern of dance AB AB A Tag, B AA

A Pattern – 32 counts

A[1-9] □ step with sweep, cross, side, behind with sweep, behind, side, cross, unwind, arms up and out, walk X2, rock

- 1-2&3 step forward on right as you sweep left in front, cross left over right, step right to right, step left behind right as you sweep right around and behind
- 4&5 step right behind left, step left to left side, cross right over left as you bring hands up and crossed over chest
- 6-7 unwind a full turn with weight ending on left, bring arms up and out to either side and then down
- 8&1 walk forward right, left, rock forward on right

A[10-17] □ Recover, ball rock, recover, back, back, drop, ½ turn, rise, walk X2, step with sweep

- 2&3 recover on left, step on ball of right next to left, rock forward on left
- 4&5 step back on right, step back on left, step back on right as you lower body down with bent knees
- 6-7 make a ½ turn pivot to right, rise up with weight ending on right
- 8&1 walk forward on left, walk forward on right, step forward on left as you sweep right in front

A[18-25] □ cross, side, touch behind, hitch, kick, layout, step, cross, side into ½ spiral, side with hand movements

- 2&3 cross right over left, step left to left side, touch right behind left
- 4&5 hitch right up slightly, point right forward, lean back as you let head fall back (this is done on the diagonal to the right)
- 6&7 step forward or right to right diagonal, cross left over right, step right to right as you make a ½ turn spiral to left
- 8&1 step left to left as you bring hands up with wrist touching, right on top of left with fingers open. Rotate hands a ½ turn to right so left is now on top, fingers still open. Close fingers as you pull hands apart, left going up to left diagonal, and right going down to right diagonal

A[26-32] □ collapse, side, behind, together, ¼, ¾, side, behind, diagonal forward

- 2-3 collapse down slightly as you bring arms in like you are hugging yourself with weight on left, step right to right as you raise back up
- 4&5 step left behind right, step together with right, make a ¼ turn to left as you step forward on left and start a ¾ turn to left. (you can also do a 1 ¾ turn
- 6-7 continue turn, step right to right
- 8& step left behind right, step diagonally forward to right on right (when starting the A pattern again center back up to front to restart dance. When starting B continue on the diagonal)

B Pattern – 32 counts

B[1-9] □ Diagonal kick with collapse, hitch with ½ turn, back, together, ½ turn with arabesque, 1/8, ¼, ¼ side, behind, together, ¼ turn rock

- 1-2-3 step forward on left as you kick right forward and bring hands up and out to front like your trying to grab something, make a ½ turn to left as you hitch right leg up and bring hands into body, step back on right
- 4&5 step back on left, step together with right, step forward on left as you make a ½ turn to left and flick right leg back

- 6&7 step down on right as you make an 1/8 of a turn to the left, make a 1/4 turn to left as you step forward on left, make a 1/4 turn to left as you step right to right side
- 8&1 step left behind right, step together with right, make a 1/4 turn to left as you rick forward on left,

B[10-17]□recover 1/4 with hitch, step, 1/2 together with hand movements, step with sweep, cross, 1/4, 1/4, with arm raise

- 2-3 make a 1/4 turn back to right as you recover on right and hitch left up, step forward on left
- &4 make a 1/2 turn pivot to right, step right back next to left as you extend right hand out to right
- &a5 extend left hand out to left, bring left hand in as you bring right hand in and over top of left like your picking something out of your left hand, bring right hand up and away from left
- 6-7 bring right hand back down and into left, step forward on right as you sweep left in front
- 8&1 cross left over right, step back on right making a 1/4 turn to left, make a 1/4 turn to left stepping left to left, bring right arm up with hand open

B[18-25]□arm raise, arms out, arms in, step, 1/2, full

- 2 let right arm drop slightly so that elbow is at chest level but hand still up as you close fist
- &3 bring left arm up with hand open, let left arm drop slightly so that elbow is at chest level but hand still up as you close fist
- 4-5 open hands as you take arms out to either side while you let you head fall back slightly, bring arms in to body as if hugging yourself
- 6-7-8 step forward on right, make a 1/2 turn pivot to left, continue rotation making a full turn to left

B[26-32]□arm raise, arms out, arms in, step, 1/2, full

- 1-2 step right to right as you bring right arm up with hand open, let right arm drop slightly so that elbow is at chest level but hand still up as you close fist
- &3 bring left arm up with hand open, let left arm drop slightly so that elbow is at chest level but hand still up as you close fist
- 4-5 open hands as you take arms out to either side while you let you head fall back slightly, bring arms in to body as if hugging yourself
- 6-7-8 step forward on right, make a 1/2 turn pivot to left, continue rotation making a full turn to left

Tag

[1-8]□Walk X 2, rock recover, 1/2, step lock, unwind, together with roll up

- 1-2 walk forward on left
- 3-4 walk forward on right
- 5&6 rock forward on left, recover on right, make a 1/2 turn to left stepping forward on left
- &a7 step forward on right, lock left behind, unwind a full turn weight ending on left
- &8 step forward on right as you let body lean back, step together with left as you roll body up
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