

Ruin

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Jacob Ballard (USA) & Amy Christian (USA) - September 2016
音乐: Ruin - Shawn Mendes



#12 count intro

S1: SIDE, HOLD, TUCK, 1/8, 3/8, 1/4

- 1-2-3 Step R slightly bigger step to side, Hold while slowly dragging L towards R, Touch L next to R in "tuck" position,
4-5-6 Turn 1/8 left stepping forward on L (10:30), Turn 3/8 left stepping back on R (6:00), Turn 1/4 left stepping L to side (3:00),

S2: CROSS LUNGE, HOLD WITH SWEEP, 1/4, 1/4

- 1-2-3 Cross lunge R over L, Hold lunge position while sweeping R arm in front of body and towards left diagonal for two counts (1:30),
4-5-6 Recover weight to L, Turn 1/4 right stepping forward on R (6:00), Turn 1/4 right stepping L to side (9:00),

S3: CROSS ROCK, SIDE, CROSS ROCK, SIDE

- 1-2-3 Cross rock R over L, Recover on L, Step R to side,
4-5-6 Cross rock L over R, Recover on R, Step L to side,

S4: STEP, SWEEP, CROSS, 1/4, SIDE

- 1-2-3 Step R forward, Sweep L around from back to front for two counts,
4-5-6 Cross L over R, Turn 1/4 left stepping back on R (6:00), Step L to side,

S5: CROSS, TOUCH OUT-IN, 1/4 BASIC

- 1-2-3 Cross R over L, Touch L out to left side, Touch L next to R,
4-5-6 Turn 1/4 left stepping forward on L (3:00), Step R next to L, Step L next to R,

S6: BACK BASIC, 1/2 BASIC

- 1-2-3 Step R back, Step L next to R, Step R next to L,
4-5-6 Step forward on L, Turn 1/2 left stepping back on R (9:00), Step L next to R,

S7: STEP, FULL TURN, 1/4, SIDE, HOLD, STEP

- 1-2-3 Step R forward, Turn 1/2 right stepping back on L (3:00), Turn 1/2 right stepping forward on R (9:00),
4-5-6 Turn 1/4 right stepping L slightly bigger step to side (12:00), Hold while dragging R towards L, Step R forward,

S8: CROSS WITH 1/4, SIDE, 1/4, STEP FORWARD, STEP FORWARD, 3/4 SPIRAL

- 1-2-3 Turn 1/4 left - Cross L over R (9:00), Step R to side, Turn 1/4 left stepping L to side (6:00),
4-5-6 Step R forward, Step L forward, Keeping weight on L turn 3/4 right (3:00)

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