

Got' Stamina

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Kim Liebsch (DK) - September 2016
音乐: The Greatest (feat. Kendrick Lamar) - Sia



Intro: 16 counts (appr. 10 seconds) Start with weight on L foot

restart: On wall 2 after 31 counts - hold on count 32 (12:00) *

#1 section □ Back rock step, cross rock side rock X 2 □

1&2 Rock back on R, recover on L, step fw. on R □ 12:00
3&4& Cross L over R, recover on R, rock L to L side, recover on R □ 12:00
5&6 Rock back on L, recover on R, step fw. on L □ 12:00
7&8& Cross R over L, recover on L, rock R to R side, recover on L □ 12:00

#2 section □ Rock recover ball, rock recover ball, step ¼ turn, sailor with point ball □

1-2& Rock fw. on R, recover on L, step R next to L □ 12:00
3-4& Rock fw. on L, recover on R, step L next to R □ 12:00
5-6 Step fw. on R, make ¼ turn L stepping L to L side □ 9:00
7&8& Cross R behind L, step L to L side, point R to R side, step R next to L □ 9:00

#3 section □ Point hold, ball cross hold, side cross side, sailor ½ turn cross side □

1-2 Point L to L side, hold □ 9:00
&3-4 Step L next to R, cross R over L, hold □ 9:00
&5-6 Step L to L side, cross R over L, step L to L side □ 9:00
7&8& Sweep/cross R behind L, ½ turn R stepping L to L side, cross R over L, step L to L side □ 3:00

#4 section: Cross side rock, behind side cross, side rock, behind side

1-2-3 Cross R over L, rock L to L side, recover on R
4&5 Cross L behind R, step R to R side, cross L over R
6-7 Rock R to R side, recover on L *(Restart on wall 2 - hold (12:00)
8& Cross R behind L, step L to L side

#5 section □ Cross ¼ turn, touch side, touch side, coaster step □

1-2 Cross R over L, make ¼ turn L stepping fw. on L □ 12:00
3-4 Touch R beside L, step R to R side □ 12:00
5-6 Touch L beside R, step L to L side □ 12:00
7&8 Step back on R, step L next to R, step fw. on R □ 12:00

#6 section □ Step ½ turn, step ¼ turn , sway sway, sailor step □

1-2 Step fw. on L, make ½ turn R stepping fw. on R □ 6:00
3-4 Step Fw. on L, make ¼ turn R stepping R to R side □ 9:00
5-6 Sway L, sway R □ 9:00
7&8 Cross L behind R, step R to R side, step L to L side □ 9:00

Good Luck & N'joy!

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