

Focus

拍数: 32 墙数: 4 级数: Intermediate - Funky
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音乐: Focus - Ariana Grande : (3:32)



Intro: 16 (2X8) Counts

S1: □ Sit R, Sit L, R Forward Touch L Behind R, Step L Back, Rondé R, Back Together, Kick and Touch L Behind R, Unwind Full Turn

- 1,2 Sit R with weight on R, Sit L with weight on L (Flick arms downwards with finger clicks to R and L when sitting)
&3-4 Step R forward, Touch L behind R, Recover on L and sweep R backwards
5& Step R behind, step L together beside R
6&7 Scuff R against floor, Land on R with slight hop, Touch L behind R
8 Unwind full turn ending with weight on L [12.00]

S2: □ R Side Together Cross, L Triple Step Full Turn, R lunge, L Lunge

- 1&2 Step R to R, Close L beside R, Cross R over L
3&4 Step L-R-L while doing full turn anti-clockwise
5-6 Lunge R to R, Step R beside L (Open arms across chest)
7-8 Lunge L to L, Step L beside R (Open arms across chest) [12.00]

S3: □ R Kick and Point, Monterey ½ Together, Point R to R side, Step R with Shoulder Shake, Pivot ½ turn, Step L Forward

- 1&2 Kick R forward, Step R next to L, Point L to L (Prepare for Monterey Turn)
3-4 Turn ½ L, Step L beside R, Point R out to R side [6.00]
5&6 Step R to R, Moving shoulders up R-L-R (Or replace with body wave/shimmy)
7&8 Step L forward, ½ turn R stepping on R, Step L in front of R [12.00]

S4: □ R Out, L Out, R Coaster Step, Pivot ¼ Together, R Big Step Body Wave Forward, L Together with Pose

- 1-2 Step R diagonally forward R, Step L diagonally forward L
3&4 Step R behind, step L together beside R, Step R forward
5&6 Step L forward, Turn ¼ R, Step L next to R [3.00]
7-8 Take a big step forward with R (with body wave), Step L next to R, striking any pose [3.00]

Start Again.

*** TAG at the end of Wall 6 [6.00] and Wall 8 [12.00]

Cross unwind full turn, pose

- 1 Cross R over L
2-3 Unwind full turn anti-clockwise ending with weight on L
4 Strike a pose

*** ENDING at the end of Wall 10 [6.00]

Make a ½ turn around to face the front and strike a pose

Have fun!

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