

Cef's Gold

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Cef Decaney (USA) - November 2016
音乐: 24K Magic - Bruno Mars



Dance starts with lyrics and the word "Moon" - No Tags or Restarts

S1: Stomp Touch-Step Back x2- Step Back and Forward

1-2-3-4 Light stomp touch right foot-step right back slightly-light stomp touch left-Step left back slightly

5-6-7-8 Step right back-step left next to right-step right forward-step left next to right

S2: Repeat 1-8

S3: Large Step to Right-Hip Circles-Large Step to Left-Hip Circles

1-2-3-4 Large step right-step left next to right (shoulder width apart)-hip circles x2

(This is like hula hoop movement) weight on right when finished

5-6-7-8 Large step left-step right next to left (shoulder width)-hip circles x2 - Finish with weight on left

S4: Kick-Kick-1/8 Turn Left-Kick-Kick-1/8 Turn Left

1&2&3-4 Low kick right-(&)place weight right-Low kick left-(&)place weight left, Step right forward-1/8 turn Left placing weight on left

5&6&7-8 Low kick right-(&)place weight right-Low kick left-(&)place weight left, Step right forward-1/8 turn Left placing weight on left

S5: Toe-Heel-Toe-Heel-Vine-Touch

1-2-3-4 Step onto Right Toe-Drop Right heel-Step onto Left Toe-Drop Left heel

5-6-7-8 Step right to right side-Cross left behind right-Step right to right side - Touch Left next to right

S6: Toe-Heel-Toe-Heel-Vine-Touch

1-2-3-4 Step onto Left Toe-Drop Left heel-Step onto Right Toe-Drop Right heel

5-6-7-8 Step left to left side-Cross right behind left-Step left to left side-touch right Next to left

S7: Walk-Hold-Walk-Hold

1-2-3-4 Step right forward-step left forward-step right forward-hold

5-6-7-8 Step left forward-step right forward-step left forward-hold

(For style walk forward in a prancing style)

S8: Walk Back -Hold-Walk Back-Hold-Walk back 4 steps

1-2-3-4 Step back right-hold-step back left-hold

5-6-7-8 Step back right-step back left-step back right-step back left

End of dance, Restart, have fun