

The Underdog

拍数: 32 墙数: 4 级数: Improver
编舞者: Lene Ramsing (NL) & Lars Christensen (DK) - April 2017
音乐: The Underdog - Morten Nørgaard : (X Factor winner 31.03.2017)



Intro: 16 count – Start with weight on left foot

[1 – 8] □ Step, step, side rock cross, side rock, sailor 1/4 □

1 - 2 Step R-foot forward, step L-foot forward
3 & 4 Step R-foot to left, recover weight on L-foot, step R-foot across in front of L-foot
5 – 6 Step L-foot to left, recover weight on R-foot
7 & 8 Step L-foot ¼ turn to left behind R-foot, step R-foot next to L-foot, step L-foot forward

[9 – 16] □ Pivot turn ½, chasse ¼, behind, side, cross shuffle

9 - 10 Step R-foot forward, turn ½ ending with weight on L-foot
11 & 12 Step R-foot 1/4 to left, side, step L-foot next to R-foot, step R-foot to right side
13 – 14 Step L-foot behind R-foot, step R-foot to the right
15 & 16 Step L-foot across in front of R-foot, step R-foot to right, step L-foot across in front of R-foot

[17 – 24] □ Heel grind ¼, toe and heel and cross, side, recover and side

17 – 18 & Right heel in floor, turn ¼ turn right on R-heel and recover R-foot next to L-foot
19 & 20 & Touch L-toe beside R-foot, recover L-foot beside R-foot, dig R-heel fwd, recover R-foot next to L-foot
21 – 22 Step L-foot across in front of R-foot, step R-foot to the right
23 & 24 Recover weight on L-foot, step R-foot next to L-foot, step L-foot to the left

[25 – 32] □ Cross, back and cross, side, sailor 1/2 turn, kick ball step

25 – 26 & Step R-foot across in front of L-foot, step L-foot back, step R-foot next to L-foot
27 - 28 Step L-foot across in front of R-foot, step R-foot to right side
29 & 30 Step L-foot ½ turn left, step R-foot next to L-foot, step L-foot forward
31 & 32 Kick R-foot forward, recover R-foot next to L-foot, step L-foot forward

Ending: After wall 8, Step forward on right foot. End of dance

Enjoy and have fun.

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