

The Rhythm

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael O'Shea (IRE) - May 2017
音乐: Me & the Rhythm - Selena Gomez : (Album: Revival or on single download)



#16 count Intro. Start on Vocals.

Rocking Chair & Scuff Hitch, Toe, Body Roll & Side Switches

1&2& rock fwd right, recover onto left, rock back right, recover onto left
3&4 scuff right, hitch right knee, touch right toe back
5&6 body roll back onto right, close left to right, step back right
7&8 point left to left side, close left beside right, point right to right side (12:00)

Samba Step, Cross, Turn ¼, Side ¼, Cross Rock, Side, Cross

1&2 cross right over left, rock left to left side, replace weight to right
3-4 cross left over right, step right back 1/4 left
5 turning 1/4 turn left step left to left side
6&7 rock right over left, replace weight to left, step right to right side
8 cross left over right (6:00)

Step 1/4, Drag, Ball Cross, Side, Sailor Step, Coaster Step

1 2 step right to right side, turning 1/4 turn left - step left big step to left side
3-&4 drag right to left, close right beside left, cross left over right,
5 step right to right side
6&7 rock left behind right, step right to right side, step left to left side (sailor step)
8&1 step back right, close left to right, step fwd right (3:00)

Pivot 1/2 Turn, Step, Kick Ball, Side Rock, Close, Side Rock

2-3-4 step fwd left, pivot 1/2 turn right, step fwd left
5&6 kick right foot fwd, step onto right, rock left to left side
&7&8 recover onto right, close left to right, rock right to right side, recover onto left. (9:00)

Note: Steps 5-8 travel forward.

Begin again.

No Tags, No restarts. Enjoy!
Released at Dance Crazy's Spain Week Event.

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