

Delilah EZ

拍数: 32 墙数: 4 级数: Beginner
编舞者: Juliet Lam (USA) - August 2017
音乐: Delilah (English Version) - Frank Galan



Intro: 32 counts, start on vocals. (Approx. 15 seconds)

S1: Walk , Walk, Shuffle Forward, Rock Recover, 1/4 Left Chasse

1-2 Walk forward right, left
3&4 Step right forward, step left next to right, step right forward
5-6 Rock forward on left, recover on right
7&8 ¼ left, step left to left, step right next to left, step left to left (9:00)

S2: Cross, Side, Behind, Side, Cross, Side Rock, Recover, Triple Step

1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Rock left to left side, recover on right
7&8 Trip step left, right, left in place

S3: Out, In, Out, Flick, Chasse Right, Back Rock, Recover

1-4 Touch right toe to right side, touch right toe next to left, touch right toe to right side, flick right behind left
5&6 Step right to right side, step left next to right, step right to right side
7-8 Rock back on left, recover on right

S4: Shuffle Forward, Step, Pivot 1/2 Left, Toe Struts with Hip Bumps

1&2 Step left forward, step right next to left, step left forward
3-4 Step right forward, make pivot ½ left
5-6 Touch right toe forward, drop right heel (With hip bumps)
(Option : 5&6, Touch right toe forward, bump hips forward, back, forward)
7-8 Touch left toe forward, drop left heel (With hip bumps)
(Option : 7&8, Touch left toe forward, bump hips forward, back, forward)

Enjoy and Start Again

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