

Haide

拍数: 32 墙数: 4 级数: Improver
编舞者: Kate Sala (UK) - October 2017
音乐: Haide (feat. Kemist) (Phoebus Remix) - Helena Paparizou : (Album:Summer Extended 2017)



Music Available as mp3 download www.amazon.co.uk

Intro: 16 counts.

Walk Right, Left, Right Side Ball Step, Cross, Side, Behind, Left Side Ball Step, Cross.

1 2 Walk forward on R, L.
& 3 4 Rock out on ball of R to right side. Recover on to L. Cross step R over L.
5 6 Step L to left side. Cross step R behind L.
& 7 8 Rock out on L to left side. Recover on to R. Cross step L over R.

Step Right, Together, Right, Together, Back, Rock Back With Kick, Recover, Shuffle.

1 2 Step R to right side. Step L next to R.
3 & 4 Step R to right side. Step L next to R. Step back on R.
5 6 Rock back on L with low kick forward with R. Recover on to R.
7 & 8 Step forward on L. Step R next to L. Step forward on L. *(Restart during wall 5)

Forward Rock With 1/4 Turn Right, Cross Shuffle, Side, Behind With Sweep, Behind, Side, Cross.

1 & 2 Rock forward on R. Recover on to L. Turn 1/4 right stepping R to right side. 3:00
3 & 4 Cross step L over R. Step R to right side. Cross step L over R.
5 6 Step R to right side. Cross step L behind R sweeping R round clockwise from front to back.
7 & 8 Cross step R behind L. Step L to left side. Cross step R over L.

Left Side Rock, Recover & Step Right, Together, Cross 1/2 Turn Right, Step Forward.

1 2 & Rock out on L to left side. Recover on to R. Step L next to R.
3 4 Step R to right side. Step L next to R.
5 Cross step R over L.
6 7 Turn 1/4 right stepping back on L. Turn 1/4 right stepping R to right side. 9:00
8 Step forward on L.

Start Again

Restart: During wall 5 facing 12:00 restart after 16 counts