

Dabbin' Gold

拍数: 32 墙数: 4 级数: Intermediate
编舞者: José Miguel Belloque Vane (NL), Fiona Murray (IRE), Roy Hadisubroto (IRE) & Sobrielo Philip Gene (SG) - June 2017
音乐: Gold - Kiara



Intro: After 16 counts

[1 – 8] Rockstep Cross, Rockstep, Cross, Step, Releve, Walk Backwards L R, Slide, Ball, Cross,

- 1 & 2 Rock R to right side (1), Recover on L (&), Cross R over L (2), 12:00
& 3 & 4 Rock L to left side (&), Recover on R (3), Cross L over R (&), Step R diagonally forward and rise on the ball of both feet (4), 1:30
5 & 6 Transfer weight to L (5), Step R backwards (&), Step long step L backwards and drag R towards L (6), 1:30
7 & 8 Hold (7), Step R next to L (&), Turn 1/8 L and Cross L over R (8) 12:00

[9 – 16] Cross, Sweep, Cross, Rockstep, Cross, Turn ¾ L, Walk Backwards L R, Slide, Heel Tap (2x),

- & 1 – 2 Step R to R side (&), Cross L over R and sweep R from back to front (1), Cross R over L (2), 12:00
& 3 & 4 Rock L to left side (&), Recover on R (3), Cross L over R (&), Step R to right side and turn ¾ L on R with L leg extended forward (4), 3:00
5 - 6 Step L backwards (5), Step R backwards (6), 3:00
7 & 8 Slide L backwards (7), Tap R heel, (&), Tap R heel (8) 3:00

[17 – 24] Together, Step, Turn 3/4, Walk Forward, Rockstep, Slide with arm movements, Toe-Strut backwards, Knee lift and Bounce, Turn ¼ L, Step

- & 1 – 2 Step R next to L (&), Step L forward (1), Turn ¼ L and step R backwards (2), 12:00
& 3 & 4 Turn ½ L and step L forward (&), Step R forward and bring R arm out to R side (3), Step L next to R and bring L arm out to L side (&), Slide R backwards and push with both arms forward (4), 6:00
5 & 6 & Step on Ball of L diagonally backwards and bring R hand to L shoulder (5), Drop L Heel and wipe L shoulder with R hand (&), Step on ball of R diagonally backwards and bring L hand to R shoulder (6), Drop R heel and wipe R shoulder with L hand (&), 6:00
7 & 8 Hitch L knee and bounce on R (7), Stay in same position and turn 1/8 L on R (&) Step L to L side (8) 3:00

[25 – 32] Bodyroll, Ball, Step, Dab R and L (arm movements)

- 1 - 2 Body angled 1/8 L and Bring body forward (1), Bodyroll backwards while transferring weight on R (2) 3:00
& 3 & 4 Step L next to R (&), Step R to right side (3), Bring L arm across body (&) Stretch R arm to R side (4) 3:00
5 - 6 Bounce Heels twice and Slowly stretch both arms to the L and look into R upper arm while transferring weight on R (5 -6) (look down to right) 3:00
7 - 8 Bounce heels twice Slowly stretch both arms to the R and look into L upper arm while transferring weight on L (7 – 8) (look back to centre) 3:00

START AGAIN AND HAVE FUNNNN