

Perfect

拍数: 32 墙数: 4 级数: Improver NC
编舞者: Mette Hemmingsen (DK) - December 2017
音乐: Perfect - Ed Sheeran : (YouTube - 4:39)



Early start on the word "love"

S1: Basic nightclub, Basic Nightclub, Step ¼ turn, Back lock back, Back Rock

1-2-& step R to R, step L behind R, step R cross
3-4-& step L to L, step R behind L, step L cross
5 step forward turn ¼ left
6&7 step back on L, lock R in front of L, step back on L
8& rock back on H, recover on L

S2: Vine, Cross, Rumba-box R forward, Back rock

1-2-&-3 step R to R, step L behind R, step R to R, cross L over R
4-&-5 step R to R, step L next to R, step R forward
6-&-7 step L to L, step R next to L, step back on L
8& rock back on H, recover on L

S3: Basic nightclub, Basic nightclub, Rolling vine, Cross rock, Side

1-2-& step R to R, step L behind R, step R cross
3-4-& step L to L, step R behind L, step L cross
5 step R to R while turning ¼
6-&-7 make ¼ turn on L, make ½ turn on R, cross L over R
8-& recover on R, step L to L

S4: Cross rock side, Cross, lock-step back, Sweep-locksstep back, Sweep-back-rock

1-2-& cross R over L, step L back, step R to R
3-4-&5 cross L over R, step R back, lock L in front of R, step R back
6&7 sweep L back, lock R in front of L, step L back
8-& sweep R back, recover on L

Restart:...

Wall 4 after count 8

Wall 8 after count 16

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Last Update – 10th Dec. 2017