

Write On Me

拍数: 80 墙数: 4 级数: Phrased Intermediate
编舞者: Ellie Hendriks (NL) - December 2017
音乐: Write On Me - Fifth Harmony



Intro: 16 counts (Start on the word pen) (± 10 sec)

Sequence: A,B,B,A,B,B Rest(16 Counts)A(32 Counts)B,B,B(16 Counts) End

Part A: 48 COUNTS

A1: Cross, ¼ Right, Step, Shuffle fwd, Full turn L, Rock Fwd, step back,.

1-2-3 Cross R over L, ¼ Turn R step back on L, Step R next L (3:00)
4&5 Shuffle Fwd, L,R,L
6-7 Turn ½ L stepping back on R, Turn ½ L stepping forward on L.
8&1 Rock fwd on R, Recover on L, Step back on R (Push Left heel out)

A2: Step back, back, Rock, ¼ L, Step, ¾ Turn L, Side, step, 1/4R, ,

2-3 Step back on L (Push Right heel out) , Step back on R (Push left heel out)
4&5 Rock L behind Right, Recover on R. turn ¼ L step L Fwd (12:00)
6-7 Step R fwd, ¾ turn L (3:00)
8&1 Step R to R side, Step L next R, Turn ¼ R step R Fwd.(6:00)

A3: ¾ Turn R ,Side shuffle, Rock back, Lock step, ½ Turn L. Twist, ½ Turn R Twist,

2-3 Step L fwd, ¾ turn R. (3:00)
4&5 Step L to L Side, Step R next L, Step L to L Side.
6&7 Rock back on R. Recover weight on L
8&1 Step R Fwd, Lock L behind R, Step R Fwd

A4: Shuffle ½ R, Rock Back. Run, Run, Touch,

2-3 Twist 1/2 turn to L, Twist 1/2 turn to R
4&5 Shuffle ½ Turn R Stepping L-R-L (9:00)
6-7 Rock Back on R, Recover on L
8&1 Run fwd on R. Run fwd on L. ***Touch R behind L.

(*Restart point (3:00))**

A5: Rock back, Run back 2x, Point, Cross, ¼ Turn R, ½ Turn R,

2-3 Rock back on R, Recover on L.
4&5 Run back on R, Run back on L, Point R to R side
6-7-8 Cross R over L, Turn ¼ R Step L Back, Turn ½ R Step R Fwd. (6:00)

A6: Shuffle ¼ R, Cross Rock Step, Step, ¼ Turn R, Lock Step

1&2 ¼ R Step L to L Side, Step R next L, Step L to L Side (9:00)
3&4 Rock R behind L, Recover on L, Step R to Side
5-6 Step L behind R, Turn ¼ R Step R Fwd (12:00)
7&8 Step L Fwd, Step R behind L, Step L Fwd.

Part B: 32 COUNTS

B1: Hitch Ball Step 2x, Side Rock, Behind, Side Cross

1&2 Hitch R, Ball step on R, Step L next R (12:00)
3&4 Hitch R, Ball step on R, Step L next R
5-6 Rock R to R side, Recover on L
7&8 Step R behind L, Step L to L side, Cross R over L

B2: Syncopated Lock steps Fwd, Rock Step, Coaster Cross

1&2& Step L Fwd, Lock R behind L, Step L Fwd, Step R Fwd
3&4 Lock L behind R, Step R Fwd, Step L next R
5-6 Rock R Fwd, Recover on L
7&8 Step Back on R, Step L next R, Cross step R over L
***** (Restart point (6:00))**

B3: Touch toe Ball Step 2x, Side Rock, Behind, Side Cross

1&2 Touch toe L on Left diagonal, Ball step on L, Cross R next L (12:00)
3&4 Touch toe L on Left diagonal, Ball step on L, Cross R next L
5-6 Rock L to L side, Recover on R
7&8 Step L behind R, Step R to R side, Cross L over R

B4: Syncopated Lock steps Back, Rock Step, Shuffle ½ L

1&2& Step R Back, Cross L over R, Step R Back, Step L Back
3&4 Cross R over L, Step L Back, Step R next L.
5-6 Rock L Fwd, Recover on R
7&8 Shuffle ½ L, L,R,L

***** Restart: On the 4e B Replace count 16 with a touch point R next L Start again with A (6:00)**

***** Restart: There's a restart on the 3e A after count 32 (3:00)**

End after: 14 Counts The last B Rock Fwd R, Recover on L, ¼ L Step R Fwd.(12:00)

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