

Posin'

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Jesse Eschbach (USA) - January 2018
音乐: "Posin'" by Peggy Suave



Sequence: Tag(x2)-32-32-Tag(x2)-32-32-32-32-16(Restart)-32-32
Intro: 16 counts

Tag:

R kick front, side, Coaster Step, L Kick Front, Side, Coaster Step

1,2,3&4 R kick to front, side, R step back, L step next to R, R step forward
5,6,7&8 L kick to front, side, L step back, R step next to L, L step forward

R Pivot ½ Turn, R step to right, L step behind, Pose! (hold 4 counts)

1,2,3,4 R step forward, pivot ½ turn over L shoulder (weight on L), R step out, L cross behind R
5,6,7,8 R step out and strike a pose! (hold 6,7,8)

***Be creative or silly with your poses.**

Dance:

R Kick, Step, L Rock, Recover, L Crossing Triple, R Step Slide, ¼ Turning Sailor Step

1&2&3&4 R kick forward, R step next to L, L rock back to 7:30, recover on R, cross L over R, Step R to R side, cross L over R
5,6,7&8 R take big step to R side, slide/drag L foot towards R, L cross behind R, R step out and turn ¼ over L shoulder (9:00), L step forward

R Triple Forward, L ¼ Paddle Turn (x2), Point (x2), Hip Bump (x2)

1&2,3,4& R step forward, L step together, R Step forward, L point and make 1/4 turn R (12:00), L point and make 1/4 turn R (3:00), L step beside R (take weight)
5&6&7,8 Point R foot to R side, R step together, Point L foot to L side, shift weight to L foot, bump hips left (x2)

R Crossing Triple, L Step Forward w/ ¼ turn Left, Quick Charleston, L Pivot ½ Turn

1&2,3 Cross R over L, Step L to L side, cross R over L, L step forward with ¼ turn left (12:00),
4,5,6,7,8 Touch R toe forward, R step back, Touch L toe back, L step forward, Pivot ½ right (weight on R)

Knee Pop Walks Forward (x4), Walk forward L, R, Pivot ¼ to Left (swing hips)

1,2,3,4 Step L forward popping R knee forward, Step R forward popping L knee forward, Step L forward popping R knee forward, Step R forward popping L knee forward
5,6,7,8 L step forward, R step forward, slow pivot ¼ to left (3:00), swinging hips around as you go

Repeat and enjoy!

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