

Save It

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Save It - Timomatic : (CD: STAMINA 2017)



Introduction: 8 counts, start on approx.; 05 sec. No Tags Or Restarts (WCS Rhythm).

Part 1. [1-8] Side Stomp R, Weave R, Side with 1/8 Turn L, Small L Step Together, 2x Knee Pop R, L, Step with 1/8 Turn L, Continue a 1/2 Turn L, Back, Back.

- 1 Stomp R to R (1).
- 2&3 Step L behind R (2), Step R to R (&), Step L across R (3).
- &4 Make 1/8 turn L (10.30) step R to R (&), Step L slightly beside R holding weight onto R (4).
- 5,6 On diagonal: Take weight onto L while you pop your R knee forward (5), Take weight onto R while you pop your L knee fwd (6).
- 7&8 Make 1/8 turn L (9.00) step L slightly forward (7), Continue a 1/2 turn L (3.00) step R back (&), Step L back (8).

PART 2. [9-16] Back Rock R / Recover, Heel Grind R with 1/4 Turn R, Sugar Foot L, Sugar Foot R with 1/4 R, Coaster Step R.

- 1,2 Rock R back (1), Recover back onto L (2).
- 3,4 Step R heel forward and grind to R (3), Make 1/4 turn R (6.00) and step back onto L (4).
- 5 Step R back and push L toes to L and holding L heel on the floor (5).
- 6 Step L back and make 1/4 turn L (9.00) push toes to R and holding R heel on the floor (6).
- 7&8 Step R back (7), Step L beside R (&), Step R forward (8).

PART 3. [17-24] Step / Recover with Shoulder Movements R, L, Small Knee Lift L, Step Lock Step L, 1/2 Pivot Turn L & Step, Hold, Together, Step.

- 1,2 Step L forward and push R shoulder up (1), Recover back onto R and push L shoulder up and lift L knee slightly up (2).
- 3&4 Step L forward (3), Lock R behind L (&), Step L forward (4).
- 5&6 Step R forward (5), Pivot Turn 1/2 turn L (3.00) over L and taking weight onto L (&), Step R forward (6).
- 7&8 Hold (7), Step L beside R (&), Step R forward (8).

PART 4. [25-32] Side, Back Rock R / Recover with 1/4 L, Side, Behind, Side, Cross Rock / Recover, 1/2 Triple Turn L.

- 1,2& Step L to L (1), Step R behind L (2), Making 1/4 turn L (12.00) recover back onto L (&).
- 3 Step R to R (3).
- 4& Step L behind R (4), Step R to R (&).
- 5,6 Cross rock L forward (5), Recover back onto R (6).
- 7&8 1/2 Triple turn L over your L shoulder to (facing 6 o'clock) (7&8).

PART 5. [33-40] Syncopated Heel Grind R & Side, Syncopated Heel Grind L & Side with 1/8 Turn L, Step Lock Step L, 1/2 Pivot Turn R.

- 1&2 Step R heel forward and grind to R (1), Step L to L (&), Step R back in place to R (2).
- 3&4 Step L heel forward and grind to L (3), Make 1/8 turn L (4.30) step R to R (&), Step L back in place to L (4).
- 5&6 On diagonal: Step R forward (5), Lock L behind R (&), Step R forward (6).
- 7,8 On diagonal: Step L forward (7), Pivot turn 1/2 turn R (10.30) over R and taking weight onto R (8).

PART 6. [41-48] 1/2 Shuffle Turn R, Back Rock R / Recover, 1/2 Pivot Turn L, Brush R Fwd with 3/8 Turn L.

- 1&2 On diagonal: Make 1/2 turn R (4.30) step L back (1), Step R beside L (&), Step L back (2).

- 3,4 On diagonal: Rock R back (3), Recover back onto L (4).
5,6 On diagonal: Step R forward (5), Pivot Turn $\frac{1}{2}$ turn L (10.30) over L and taking weight onto L (6).
7,8 On diagonal: Brush R forward and make $\frac{3}{8}$ turn L (6.00) touch R beside L (7,8).

REPEAT DANCE AND HAVE FUN!!

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