

Perfect - Easy

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lene Mainz Pedersen (DK) - January 2018
音乐: Perfect - Ed Sheeran : (Album: Divide, Deluxe - iTunes)



Start: On the word "Love" App. 3 sec

[SEC 1] WALK FW X3 WITH SWEEP, CROSS, SIDE, ROCK BACK, RECOVER, SIDE, ROCK BACK, SHUFFLE FWD

1 - 3 Cross L in front of R, sweep R from back to front – repeat with L
4 a5 Cross R over L, Step L to L side, Rock back on R
6 a7 Recover on L, Step R to R side, Rock back on L
8 a1 Step fwd on R (***) Restart point), Step L beside R, Step fwd on R

[SEC 2] 1/4 PIVOT R, CROSS SHUFFLE, SWAY R & L, RUMBA FW

2 – 3 Step fwd on L, Turn 1/4 R recover on R (3:00)
4 a5 Cross L over R, Step R beside L, Cross L over R
6 – 7 Step R to R sway R, Recover on L sway L
8 a1 Recover on R, Step L beside R, Step R fwd

[SEC 3] SWAY L & R, RUMBA BACK, ROCK BACK, RECOVER, 1/4 L CHASSE R

2 – 3 Step L to L sway L, Recover on R sway R
4 a5 Recover on L, Step R beside L, Step back on L
6 - 7 Rock back on R, Recover on L
8 a1 Turn 1/4 L Stepping R to R side, Step L beside R, Step R to R side (12:00)

[SEC 4] 1/4 L CHASSE L, 1/4 L CHASSE R, 1/4 L CHASSE L, STEP R

2 a3 Turn 1/4 L Stepping L to L side, Step R beside L, Step L to L side (9:00)
4 a5 Turn 1/4 L Stepping R to R side, Step L beside R, Step R to R side (6:00)
6 a7 Turn 1/4 L Stepping L to L side, Step R beside L, Step L to L side dragging R towards L (3:00)
8 Step R to R side

START AGAIN

RESTART: Wall 4 (9:00) - after Count 8 (9:00)

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