

Almost 85

拍数: 32 墙数: 4 级数: Improver
编舞者: Lisa McCammon (USA) - January 2018
音乐: 85 - Andy Grammer : (CD: The Good Parts;)



Country option: Sugar And Pai by The Boots Band, 130 bpm,(No Tag)

Clockwise rotation; start weight on L - #16 count intro

Sequence after intro: 32, 32, 32, 32, 16, 32, 32, 32, 32, 16, 32, 32, 32

Notes: Because of the upbeat tempo, keep your steps small throughout. This can be a floor split for 85 by Rachael McEnaney-White and Kerry Maus, which was the inspiration for this dance.

STEP, HOLD-&-STEP, BRUSH, ROCK, RECOVER, COASTER STEP

1-2 Step forward R, HOLD
&3-4 Close L, step forward R, brush L (the brush is subtle—just skim the ball of your foot forward)
5-6 Rock forward L, recover R
7&8 Step back L, close R, step forward L

HEEL, HEEL-&-HEEL, HEEL-&-STEP, TURN LEFT ¼, STEP, TURN LEFT ¼

1-2& Touch R heel in place twice, step R home
3-4& Touch L heel in place twice, step L home
5-6 Step forward R, turn left ¼ [9]
7-8 Step forward R, turn left ¼ [6] (over-rotate slightly to left diagonal)

CROSS, SIDE, BACK, SWEEP, BACK, SWEEP, BACK ROCK, RECOVER

1-4 Cross R, step L to side, step back R, sweep L
5-8 Step back L, sweep R, rock back R, recover L

KICK, KICK, BACK ROCK, RECOVER, STEP, TURN LEFT ¼ [3], STEP, LOCK

1-4 Kick R forward twice, rock back R, recover L
5-6 Step forward R, turn left ¼ [3]
7-8 Step forward R, lock L (styling: pop R knee, lifting heel off floor)

TAG occurs after the fourth and eighth repetitions, both times facing the front (refer to the sequence note above).

The Tag is only 8 counts, but you repeat it for 16 counts total.

STEP, HOLD-&-STEP, HOLD; STEP, TURN RIGHT ½, STEP FORWARD, HOLD (Dancers' option: snap or clap with the hold counts.)

1-2 Step R slightly forward, HOLD
&3-4 Close L, step slightly forward R, HOLD
5-8 Step forward L, turn right ½ [6], step forward L, HOLD

REPEAT THE TAG, STARTING AT [6]

1-2 Step R slightly forward, HOLD
&3-4 Close L, step slightly forward R, HOLD
5-8 Step forward L, turn right ½ [12], step forward L, HOLD

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