

Chase You Down

拍数: 32 墙数: 4 级数: Beginner +
编舞者: Angéline Fourmage (FR) - March 2018
音乐: Chase You Down - RUNAGROUND



Start : 32 count Tag : 4 (32 count)

[1-8] Chassé R, Chassé L ¼, Rock Back, Triple step R

1&2 RF to the R side, LF next to RF, RF to the R side
3&4 Make ¼ R with chassé L (LF to the L side with ¼, RF next to LF, LF to the L side)
5-6 RF back, recover to LF
7&8 RF FW, LF next to RF, RF FW

[9-16] Rock forward, Triple step L, Triple step ½ R, Rock forward

1-2 LF FW, recover to RF
3&4 LF back, RF next to LF, LF back
5&6 RF to the R side with ¼ R, LF next to RF, RF FW with ¼ R
7-8 LF FW, recover to RF

[17-24] Rock back, kick ball crossx2, scissor step

1-2 LF back, recover to RF
3&4 Kick LF to the L diagonal, LF next to RF, cross RF over LF
5&6 Kick LF to the L diagonal, LF next to RF, cross RF over LF
7&8 LF to the L side, RF next to LF, cross LF over RF

[25-32] Heel grind, Rock back, Heel grind, Rock back

1-2 R heel FW, recover to LF
3-4 RF back, recover to LF
5-6 R heel FW, recover to LF
7-8 RF back, recover to LF

TAG: 32 c (Walls : 4, 5, 7, 10)

[1-8] Walk, Hold, Walk, Hold, Step turn ½ L

1-2 RF FW, Hold
3-4 LF FW, Hold
5-6 RF FW, Hold
7-8 Turn ½ L (Your weight is on the L)

[9-16] Walk, Hold, Walk, Hold, Step turn 1/4 L

1-2 RF FW, Hold
3-4 LF FW, Hold
5-6 RF FW, Hold

(For Tag 4 « Final » : Make 1-8 and Walk RF FW, Hold, LF FW, Hold, RF FW, Hold, Touch LF next to RF)

7-8 Turn 1/4 L (Your weight is on the L)

Restart Wall 7

[17-24] Heel, Hook, Heel, Flick, Step, Together, Step, Hold

1-2 Touch R Heel FW, Hook over RF
3-4 Touch R heel FW, Flick RF to the R side
5-6 RF FW, LF next to RF
7-8 RF FW, Hold

[25-32] Walk, Hold, Walk, Hold, Step turn 1/4 L

- 1-2 Touch L Heel FW, Hook over LF
- 3-4 Touch L heel FW, Flick LF to the L side
- 5-6 LF Back, RF next to LF
- 7-8 LF Back, Hold (or you can make drag RF)

Smile and enjoy the dance

Contact : maellynedance@gmail.com

Last Update – 7th March 2018
