

London

拍数: 64 墙数: 4 级数: Phrased High Intermediate
编舞者: Michael Metzger (USA) - March 2018
音乐: London - Maty Noyes



Pattern: B, A, A, A with Restart, B, A, A, A with Restart, B with Bridge, A, A, B, Tag, B, Ending
Count In: when the upbeat vocals start – approximately 0:28

A Section: 32 counts

A[1-8] Shuffle Forward, Step, Twist, Recover, Coaster Step, ½ Pivot

1&2 Step R forward, Step L together, Step R forward
3&4 Step L forward (weight distributed), Twist heels left and raise up slightly on toes, Bring heels back and recover weight to R
5&6 Step L back, Step R together, Step L forward
7, 8 Step R forward, Pivot on balls of both feet ½ to the left and shifting weight to L (6:00)

A[9-16] Step Forward with ¼ Turn and Sweep, Cross Behind, Step Side With ¼ Turn, ¼ Turn to Side Shuffle, Hold, Hip Roll with Flick

1, 2 Step R forward (with small hop) while turning ¼ left and sweeping L behind, Cross L behind R (3:00)
3 Turn ¼ right and step R forward (6:00)
4&5, 6 Turn ¼ right and step L to side, Step R together, Step L to side, Hold (9:00)
7, 8 Roll hips counterclockwise starting to left, Complete hip roll and flick R up

A[17-24] Step, Hold, Ball, Step, Hold, Ball, Shuffle with ¼ Turn, Pivot Turn

1, 2 Step (or stomp) R to side, Hold
&3, 4 Step L together, Step R to side, Hold
&5&6 Step L together, Step R to side, Step L together, Turn ¼ right and step R forward (12:00)
7, 8 Step L forward, Pivot on balls of both feet ½ to the right and shifting weight to R (6:00)

A[25-32] Step, Touch, Step Back, Touch, ¼ Turn, Kick, Rock Back, Recover

1, 2 Step L forward, Swing hips forward and touch R toe together
3, 4 Step R back, Swing hips back and touch L toe together
5, 6 Step L forward while turning ¼ right, Kick R forward (9:00)
7, 8 Rock back on R, Recover forward on L

B Section: 32 counts

B[1-8] Kick Cross Point x4

1&2 Kick R forward, Cross R over L, Point L to side
3&4 Kick L forward, Cross L over R, Point R to side
5&6 Kick R forward, Cross R over L, Point L to side
7&8 Kick L forward, Cross L over R, Point R to side

B[9-16] Cross, Point (with hand work), Cross, Side (with hand work), Bring Arms to Sides, Hop x2

1&2 Cross arms to touch hands on opposite shoulders (right on left, left on right) while crossing R over L, Uncross arms to touch hands on same shoulders (right on right, left on left), Bring hands down to sides while pointing L to side
3& Cross arms to touch hands on opposite shoulders (right on left, left on right) while crossing L over R, Uncross arms to touch hands on same shoulders (right on right, left on left)
4& Raise right arm to point right hand over head while stepping R to side, Raise left arm to point left hand over head
5-6 Bring both hands down along circular arcs to your sides with palms open and facing forward (give jazz hands if you want!)

7, 8 Use pelvic thrust to hop both feet forward, Use pelvic thrust to hop both feet forward (During these hops you can keep your hands to your sides or add any hand motion you like!)

B[17-24] Chug Over Left Shoulder x4, Chug Over Right Shoulder x4

1, 2 Keeping L stationary turn 1/8 left and stomp R forward, Keeping L stationary turn 1/8 left and stomp R forward (9:00)
3, 4 Keeping L stationary turn 1/8 left and stomp R forward, Keeping L stationary turn 1/8 left and stomp R forward and take weight onto R (6:00)
5, 6 Keeping R stationary turn 1/8 right and stomp L forward, Keeping R stationary turn 1/8 right and stomp L forward (9:00)
7, 8 Keeping R stationary turn 1/8 right and stomp L forward, Keeping R stationary turn 1/8 right and stomp L forward and take weight onto L (12:00)

B[25-32] Stomp To Side, Shoulder Thrust Up, Hitch, Step Back With Slide And Flick Back

1, 2& Stomp R to side, Bend left knee slightly and compress right shoulder toward left leg (this is a prep for what comes next), Thrust right shoulder up and left shoulder down while straightening left leg and pushing body to the right
3, 4 Hold, Hold
5, 6& Hitch L up next to right knee, Hold, Take large step back on L and begin sliding R together
7, 8 Continue sliding R together, Complete slide together and flick R back slightly to prep

Restarts: The third and sixth times you do Section A you'll be facing the 3:00 wall and 6:00 wall respectively. After 16 counts (ending with the hip rotation and right leg flick), go directly to Section B.

Bridge: Chug Over Left Shoulder x4, Chug Over Right Shoulder x4

The third time you do section B, you'll be facing the 6:00 wall (and this is the only time you do section B facing the 6:00 wall). After counts 17-24 (the chugs left and then right), simply repeat this phrase. Then continue to counts 25-32 of B (stomp, shoulder thrust, hitch, step back with slide).

Tag: Stomp, Hold, Stomp, Hold, Stomp, Stomp, Stomp, Stomp

The fourth time you do section B, you'll be facing the 12:00 wall. At the end of Section B, do the tag:

1, 2 Stomp R forward, Hold
3, 4 Stomp L forward, Hold
5, 6 Stomp R forward, Stomp L forward
7, 8 Stomp R forward, Stomp L forward

Ending: Jazz Box With Half Turn, Rocking Chair, Pivot Turn, Pivot Turn, ¼ Turn, ¼ Turn

The last time you do section B, you'll again be facing the 12:00 wall. The dance is almost over. Time to pose! After counts 17-24 (the chugs left and then right), do not do counts 25-32 of B. Instead go to the Ending:

1, 2 Cross R over L, Turn ¼ right and step L back (3:00)
3, 4 Turn ¼ right and step R to side, Step L forward (6:00)
5, 6 Rock R forward, Recover to L
7, 8 Rock R back, Recover to L
9, 10 Step R forward, Pivot on balls of both feet ½ to the left and shifting weight to L (12:00)
11, 12 Step R forward, Pivot on balls of both feet ½ to the left and shifting weight to L (6:00)
13& Turn ¼ left and step R to side, Turn ¼ left and step L to side while putting hands out to the sides at waist level with palms down

Enjoy!

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