

1,2,3 Cha

拍数: 48 墙数: 2 级数: Easy Improver
编舞者: Karianne Heimvik (NOR) - May 2018
音乐: 1, 2, 3 (feat. Jason Derulo & De La Ghetto) - Sofía Reyes



(1-8) kick, kick, coasterstep, kick, kick sailor ¼ turn

1,2,3&4 ; kick R across L, kick R diagonally to right, step back on R, step L next to R, step fwd on L
5,6,7&8 ; kick L across R, kick L diagonally to left, sweep L behind R and step back on L with a ¼ turn to left, step R to right, step L in place

(9-16) paddleturns, rock step, cross samba

1,2,3,4 ; toch R toes to floor with ¼ turn to left (use your hips) x4
5,6,7&8 ; rock L to left, recover weight to R, cross L over R, step R to right, cross L over R

(17-24) rock step, samba step, samba step, samba step

1,2,3&4 ; rock R to right, recover weight to L, step fwd crossing R over L, step L a little to left, recover weight on R (start sweeping L fwd)
5&6 ; step fwd sweeping L over R, step R a little to right, recover weight on L (start sweeping R fwd)
7&8 ; step fwd sweeping R over L, step L a little to left, recover weight on R

(25-32) pivot ½ turn, pivot ½ turn, rock step, back lockstep

1,2 ; step fwd on L, make ½ turn to right stepping fwd on R
3,4 ; step fwd on L, make ½ turn to right stepping fwd on R
5,6 ; rock fwd on L (optional bodyroll), recover on R
7&8 ; step back on L, lock R in front of L, step back on L

(33-40) step out, out, in, in, cross samba, 3/4 turn, shuffle

1,2,3,4 ; step R to right, step L to left, step R back in place, step L back in place
5&6 ; cross R over L, step L to left, cross R over L
7&8 ; sharp 3/4 turn to left and step fwd on L, step R next to L, step fwd on L

(41-48) c-bump with 1/2 turn, rock step, 1/2 turn, 1/2 turn, step, touch

1&2 ; ¼ turn to left poiting R to right with right hip up, right hip to center, sit down on R with a ¼ turn to left and pop your left knee
3,4 ; rock back on L, recover weight fwd on R
5,6 ; ½ turn to right stepping back on L, ½ turn to right stepping fwd on R
7,8 ; step fwd on L, touch R next to L

Start dance again - arm movements is optional, smiling is a must.

Contact: post@dancediva.no
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