

Adele

拍数: 96 墙数: 1 级数: Phrased Intermediate
编舞者: Simona Greco (IT) - May 2018
音乐: Dancing - Kylie Minogue



Sequence: ABC ABC ABC C (33-48) FINAL

PART A: 32 counts

A[1-8] WALK, WALK, POINT, CROSS, POINT, CROSS, ROCK FWD

1-2 Step forward right, step forward left
3-4 Point right to side, cross right over left
5-6 Point left to side, cross left over right
7-8 Rock step forward right

A[9-16] PIVOT, SLOW COASTER STEP, JAZZ BOX TURN MODIFIED

9-10 1/2 turn right step forward right, 1/2 turn right step left back
11-12-13 Step right back, step left to side, step right forward
14-15-16 Cross left over right, 1/4 turn left step right back, 1/4 turn left step left forward

(6.00)

A[17-24] SHUFFLE, ROCK BACK, SHUFFLE, ROCK BACK

17&18 Step right to side, step left together, step right to side
19-20 Step left back, recover to right
21&22 Step left to side, step right together, step left to side
23-24 Step right back, recover to left

A[25-32] TURN 1/4 LEFT, STOMP UP, TURN 1/4 LEFT, SCUFF, JAZZ BOX RIGHT

25-26 1/4 turn left step right to side, stomp up left close to right
27-28 1/4 turn left step left forward, scuff right beside left (12.00)
29-30 Cross right over left, step left back
31-32 Step right to side, step left forward

PART B: 16 counts

B[1-8] WIZARD FORWARD, STOMP, HOLD, WIZARD BACK, COASTER STEP

1-2& Step right forward to right diagonal, lock left behind right, step right forward to right diagonal
3-4 Stomp left to side apart, hold
5-6& Step right backward to right diagonal, lock left over right, step right backward to right diagonal
7&8 Step left back, step right to side, step left forward

B[9-16] STEP, TURN 1/2, KICK BALL CHANGE, STEP, TURN 1/2, KICK BALL CHANGE

9-10 Step right forward, 1/2 turn left (weight on left forward)
11&12 Kick right forward, step right together, step left to side (6.00)
13-14 Step right forward, 1/2 turn left (weight on left forward)
15&16 Kick right forward, step right together, step left to side (12.00)

PART C: 48 counts

C[1-8] RIGHT SIDE MAMBO, LEFT SIDE MAMBO, HEEL SWITCHES, HEEL, HOOK, HEEL

1&2 Step right to side, recover on left, step right close to left
3&4 Step left to side, recover on right, step left close to right
5&6& Touch right heel forward, close right beside left, touch left heel forward, close left beside right
7&8& Touch right heel forward, hook right, touch right heel forward, close right beside left

C[9-16] HEEL SWITCHES, HEEL, HOOK, STEP, HEEL BOUNCE 1/4 TURN X2

- 9&10& Touch left heel forward, close left beside right , touch right heel forward, close right beside left
11&12& Touch left heel forward, hook left, touch left heel forward, step left forward
13&14 Heel bounce turning 1/4 to right (3.00)
15&16 Heel bounce turning 1/4 to left (weight on left) (12.00)

C[17-24] REPEAT COUNTS 1-8

C[25-32] REPEAT COUNTS 9-16

(End the heel bounce 1/4 turn with weight on right) (12.00)

C[33-40] COASTER STEP, MAMBO STEP FWD, COASTER STEP, PADDLE TURN 1/2 LEFT

- 33&34 Step left back, close right to side, step left forward
35&36 Step right forward, recover to left, step right back
37&38 Step left back, close right to side, step left forward
39&40 Touch right forward, rise right knee making 1/4 turn left, make another 1/4 left turn stepping right foot to right (weight on right) (6.00)

C[41-48] COASTER STEP, MAMBO STEP FWD, COASTER STEP, PADDLE TURN 1/2 LEFT

- 41&42 Step left back, close right to side, step left forward
43&44 Step right forward, recover to left, step right back
45&46 Step left back, close right to side, step left forward
47&48 Touch right forward, rise right knee making 1/4 turn left, make another 1/4 left turn touching right foot to right (weight on left) (12.00)

(At the end of the dance, before repeating Part C (33-48), close the paddle turn with weight on right foot).

FINAL

[1-2] LONG STEP BACK, SLIDE

- 1-2 Long step back with right foot, slide left to right

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