

Colors

拍数: 32 墙数: 2 级数:
编舞者: Noe J. Roldan (USA) - July 2018
音乐: Colour (feat. Hailee Steinfeld) - MNEK



Dance starts on the beat (32 counts after lyrics) No tags, No restarts

MAMBO – HEEL SWIVELS – COASTER – HALF TURN WITH A SWEEP

1, 2 Step R forward diagonally to left with a hip sway – Step R back with a hip sway
3 & 4 Step R forward diagonally to left – Swivel both heels outward – Return heels to center
5 & 6 Step R back – Step L next to R – Step R forward
7, 8 Make a ½ turn right and step back on L as R sweeps to back – Touch R behind L

HEEL JACKS – HEEL TAP – ¼ TURN LEFT WITH TOE SWITCHES

&1 &2 Step L to side – Cross R in front of L – Step L to side – Tap R heel diagonally forward
&3 &4 Step R slightly back – Cross L in front of R – Step R to side – Tap L heel diagonally forward
&5 &6 Step L to center – Tap R heel forward – Make a ¼ turn left and step R next to L – Tap L toes forward
&7 &8 Step L next to R – Tap R toes forward – Make a ¼ turn left and step R next to L – Tap L toes forward

R TOUCH – L TOUCH – R TOUCH – R TOUCH – L TOUCH – R TOUCH – STEP BACK – STEP FORWARD

&1 &2 Step L next to R - Touch R to side – Step R next to L – Touch L to side
&3 &4 Step L next to R – Touch R to side – Touch R next to L – Touch R to side
&5 &6 Step R next to L – Touch L to side – Step L next to R – Touch R to side
&7, 8 Step R next to L – Step L back – Step L forward

¼ TURN – HIP BUMPS – SIDE SHUFFLE – STEP TOUCHES WITH A SWAY (*SKATE STEPS OPTIONAL)

1, 2 Make a ¼ turn left and bump hips to right – Bump hips to right
3 & 4 Step L to side – Step R next to L – Step L to side
5 & Make a ¼ turn to left and Step R out diagonally forward – Touch L next to R
6 & Step L out diagonally forward – Touch R next to L
7 & Step R out diagonally forward – Touch L next to R
8 & Step L out diagonally forward – Touch R next to L

*For steps 5 through 8, add a bouncy sway to add style, or optionally replace with skate steps

Noe J Roldan – noelinedancer@gmail.com

Last Update – 4th Sept. 2018