

Melody

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - December 2018
音乐: Melody (feat. James Blunt) - Lost Frequencies : (iTunes)



(16 count intro)

[S1] Toe-1/4R Heel, Coaster Step, Touch Fwd-Touch Side, 1/4L Coaster Step

1 2 Step forward with R toe (R knee in), Make a ¼ turn right step R heel forward with R heel (3:00)
3&4 Step R back, Step L next to R, Step R forward
5 6 Touch L forward, Touch L to side
7&8 Make a ¼ turn left step L back, Step R next to L, Step L forward (12:00)

[S2] 1/4L Hip Roll w/Hitch, Side Shuffle, Hip Roll w/Hitch, Side Shuffle

1 2 Make a ¼ turn left step R to side and roll your hips anticlockwise, Hitch R (9:00)
3&4 Step R to side, Step L next to R, Step R to side
5 6 Step L to side and roll your hips clockwise, Hitch L
7&8 Step L to side, Step R next to L, Step L to side

[S3] 1/2R Hinge Turn, Hold, Cross Kick-Out-Out, Cross Kick-Out-Out, Knee Push-Recover

1 2 Make a ½ turn right on ball of L foot and step R to side, Hold (3:00)
3&4 Kick L across R, Step L to side, Step R to side
5&6 Kick L across R, Step L to side, Step R to side
7 8 Step L together and push both knees forward (heels up), Recover (push back/both heels down)

[S4] Ball-Heel-Hold, &-1/4R Heel-&(1/4L)-1/4L Heel-&, Step-Pivot 1/2L-Ball-Heel-&-Heel

&1 2 Step R back, Step L forward with heel, Hold
&3& Step L next to R, Make a ¼ turn right step R forward with heel (6:00), Make a ¼ turn left step R together (3:00)
4& Make a ¼ turn left step L forward with heel (12:00), Step L next to R
5 6& Step R forward, Make a ½ turn left recover weight on L, Step R forward (6:00)
7&8 Step L forward with heel, Step L together, Step R forward with heel weight ends on L (6:00)

Repeat - No Tags or Restarts!!

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 20/Nov/18)