

Selow

拍数: 48 墙数: 2 级数: High Beginner
编舞者: Dud Fery (INA) & Aivi - January 2019
音乐: Selow - Via Vallen



#1. Walk 3x - Side - Walk 2x - Mambo.

1-2 Step R fwd (1) - Step L fwd (2).
3-4& Step R fwd (3) - Step L side to L (4) - R in place (&).
5-6. Step L fwd (5) - Step R fwd (6).
7&8. Step L fwd (7) - R in place (&) - Step L close to R (8).

#2. Jazz Box - Pivot 1/4 to L - Cross shuffle.

1-2 Step R cross to L (1) - Step L backward (2).
3-4. Step R side (3) - Step L fwd (4).
5-6. Step R fwd turn 1/4 to L (5) - L in place (6).
7&8. Step R cross over to L (7) - Step L side (&) - Step R cross over to L (8).

#3. Turn 1/4 to L lock step - Charleston - Pivot 1/4 to L.

1&2 Step L fwd turn 1/4 to L facing 6:00 (1) - Step R behind to L (&) - Step L fwd (2).
3-4. Touch R toe fwd (3) - Sweep and step down R backward (4).
5-6. Touch L toe fwd (5) - Sweep and step down L fwd (6).
7-8. Step R fwd turn 1/4 to L (7) - L in place (8).

#4. Forward - Hitch - Backward - Pivot 1/4 to L - Cross Shuffle.

1-2. Step R fwd (1) - Step L hitch (2).
3-4. Step L together to R (3) - Step R backward (4).
5-6. Step R fwd turn 1/4 to L (5) - L in place (6).
7&8. Step R cross over to L (7) - Step L side (&) - Step R cross over to L (8).

** Tag wall 2.

After Count 6..hold - unwind turn 1/2 to L facing 12:00.

(2 x 8) Count.

1&2 Step R stomp diagonal w/ L hand up
3&4 Step L stomp diagonal w/ hand up.
5&6. Step R back stomp diagonal w/ hand up.
7&8 Step L back stomp diagonal w/ hand up.

** Tag Wall 4.

After Count 6 - Hold - unwind turn 1/2 to L

Facing 12:00.

(3 x 8) counts

Same with Tag wall 2.

#5. Turning 1/2 to L Cross Shuffle - Side - Touch toe behind - Side Touch.

1&2 Turning 1/2 to L step L cross over to R (1) - Step R side (&) - Step L.cross over to R (2).
3-4 Step R side to R (3) - Step L touch toe behind R (4).
5-6. Step L side (5) - Step R side to L (6).
7-8. Step L side (7) - Step R touch toe to L (8).

#6. Walk 3x - Side Touch - Back walk - Heel Twist

1-2 Step R fwd (1) - Step L fwd (2).
3-4. Step R fwd (3) - Step L side touch (4).
5-6 Step L backward (5) - Step R close to L (6).

7&8. Twist L Heel in toward R (7) - Return twist R Heel in toward L (&) - Twist L Heel in toward R (8).

Hope you like new dance and Happy enjoy dancing
