

Seven Rings Small

拍数: 80 墙数: 4
编舞者: Lesley Miller (UK) - February 2019
音乐: 7 rings - Ariana Grande

级数: Phrased Beginner



Waltz: Dance sequence twice

Section 1: Sway x 2, Step Rumba back

123, 456 Sway body to Right, Sway body to Left
123, 456 Step RF to R, step L to RF, step back RF, slide LF backwards to RF, hold, hold

Section 2: Sway x 2, Step Rumba back

123, 456 Sway body to Left, Sway body to Right
123, 456 Step LF to L, step R to LF, step forward LF, slide RF forward to LF, hold, hold

Section 3: Reverse Rumba box

123, 456 Step RF to R, step L to RF, step back RF, slide LF in to RF, hold, hold
123, 456 Step LF to L, step R to LF, step forward LF, slide RF forward to LF, hold, hold

Section 4: Rock steps x 3 step with ¼ turn L

123, 456 Rock RF to R side, replace LF, step RF behind L, Rock LF to L side, replace RF, step LF behind R
123, 456 Rock RF to R side, replace LF, step RF behind L, Step LF ¼ forward, hold, hold

Common: Dance sequence twice

Section 1: Sway x 2, Step Rumba back

1 2 3 4 Sway body to Right, Sway body to Left
5 6 7 8 Step RF to R, step L to RF, step back RF, slide LF backwards to RF, hold

Section 2: Sway x 2, Step Rumba back

1 2 3 4 Sway body to Left, Sway body to Right
5 6 7 8 Step LF to L, step R to LF, step forward LF, slide RF forward to LF, hold

Section 3: Reverse Rumba box

1 2 3 4 Step RF to R, step L to RF, step back RF, slide LF in to RF, hold
5 6 7 8 Step LF to L, step R to LF, step forward LF, slide RF forward to LF, hold

Section 4: Rock steps x 3 step with ¼ turn L

1&2 3&4 Rock RF to R side, Replace LF, step RF behind L, Rock LF to L side, replace RF, step LF behind R
5&6 7&8 Rock RF to R side, replace LF, step RF behind L, Step LF ¼ forward, hold, hold

***NOTE* Dance - 48cts Waltz style continuing with 32cts Hip Hop styling – repeat sequence to end of dance, add own finish**
