

Panic

拍数: 32 墙数: 4 级数: Newcomer
编舞者: Jesús Moreno Vera (ES) - April 2019
音乐: High Hopes - Panic! At the Disco



• On walls 3, 6 and 7, dance gently

Enter 16 counts

S1: TOE HEEL STOMP x2, ROCKING CHAIR, SHUFFLE FWD

01. Mark right toe to the side.
- & Mark heel right foot to the side.
02. Stomp front with right foot.
03. Mark left toe to the side.
- & Mark heel left foot to the side
04. Stomp front with left foot.
05. Rock in front with right foot.
- & Recover weight on left foot
06. Rock back with right foot.
- & Recover weight in left foot.
07. Step forward with right foot.
- & Step forward with left foot.
08. Step forward with right foot.

S2: TOE HEEL STOMP x2, ROCKING CHAIR, STEP TURN ¼ STOMP

01. Mark left toe to the side.
- & Mark heel left foot to the side.
02. Stomp front with left foot.
03. Mark right toe to the side.
- & Mark heel right foot to the side.
04. Stomp front with right foot.
05. Rock in front with left foot.
- & Regain weight in right foot.
06. Rock back with left foot.
- & Regain weight in right foot.
07. Step forward with left foot.
- & Turn ¼ turn to the right. (3:00)
08. Stomp with left foot next to the right.

* HERE, AT THIS POINT ON WALL 3, WE RESET THE DANCE.

S3: SCISSOR, CHASSE TURN ¼, STEP TURN ½, MAMBO FWD

01. Step with right foot to the side.
- & Step with left foot next to the right.
02. Cross right foot in front of left.
03. Step with left foot to the side.
- & Step with right foot to the left side.
04. Turn ¼ to the left and step forward with left foot. (12:00)
05. Step forward with right foot.
- & Turn ½ turn to the left. (6 o'clock)
06. Step forward with right foot.
07. Rock in front with left foot.
- & Regain weight in right foot.

08. Step with left foot next to the right.

S4: COASTER STEP, SHUFFLE FWD, ROCKING CHAIR, LONG STEP TURNING ¼, DRAG

01. Step back with right foot.

& Step with left foot next to the right.

02. Step forward with right foot.

03. Step forward with left foot.

& Step with right foot to the left side.

04. Step forward with left foot.

05. Rock in front with right foot.

& Recover weight in left foot.

06. Rock back with right foot.

& Recover weight in left foot.

07. Turn ¼ turn to the left and long step with right foot to the side. (3:00)

08. Drag with left foot until equal. (weight on left foot)

Last Update - 4 April 2019
