

拍数: 32 墙数: 4 级数: Novice
编舞者: Angéline Fourmage (FR) & Aline Morel (FR) - June 2019
音乐: SOS - GRAACE : (Album: Self-Sabotage)



Start : 16 count 1 Restart 1 Tag
Sequence : A-A-A-A-19-A-A-TAG-A-A

[1-8] : Jazz-Box, Walk, Walk, Anchor-Step

1-2 Cross RF over LF, LF Back
3-4 RF to R side, LF FW
5-6 RF FW, LF FW
7&8 Lock RF behind LF, Step Weight on to LF, Step Weight on to RF

[9-16] : ½ L, ½ L, Coaster-Step, Twist ¼ R, Twist ¼ L, Sweep ¼ L

1-2 Make ½ L with LF FW (6:00), Make ½ L with RF Back (12:00)
3&4 Coaster-Step (LF Back, RF next to LF, LF FW)
5-6 Twist ¼ R (3:00), Twist ¼ L with R Sweep (12:00) ¼ L from Back to front (9:00)
7-8 Cross RF over LF, Make ¼ R with LF Back (12:00)

[17-24] : Make ¼ R, Point, Ball, Point, Rolling Vine, Drag, Touch

1-2& Make ¼ R with RF to R side (3:00), Point LF to L side, LF next to RF
3 Point RF to R side * Restart (Make Touch RF next to LF (3:00))
4 Rolling Vine : Make ¼ R with RF FW (6:00)
5-6 Make ½ R with LF Back (12:00), Make ¼ R with RF to R side (3:00)
7-8 Drag LF to RF, Touch LF next to RF

[25-32] : Step Turn ½ R, Triple-Step ½ R, Touch, Body-Roll, Drag

1-2 LF FW, Turn ½ R (9:00)
3&4 Triple step ½ R (Make ¼ R with LF to L side(12:00), RF next to LF, Make ¼ R with LF Back (3:00))
5-6& Touch RF Back, Body-Roll Back tacking weight on RF
(Option : Toe-Strut R Back), LF next to RF
7-8 RF Back with L Drag, LF next to RF

Tag (Wall 8) : 8 Count (9:00)

Jazz-Box R, Rock Cross FW R, Rock Side R

1-2 Cross RF over LF, LF Back
3-4 RF to R side LF, LF FW
5-6 Rock RF FW (R arm : go up), recover to LF(R arm: go down)
7-8 Rock-Side Right (RF to R side) (R arm: go to the R side) , Recover to LF(R arm: go down)

NOTA : RF = Right foot ; LF = Left Foot ; FW = Forward

Smile and enjoy the dance

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