Afro Dreams

拍数: 32

级数: Beginner

编舞者: Angéline Fourmage (FR) - July 2019

音乐: Afro Dreams - Aquadrop

Start : 32 counts (15s approximately) 2 Tag Sequence : A-A-Tag-A-A-A-Tag-A-A-A

[1-8] Walk, Walk, Triple-Step, Rock-Step, Triple-Step

- RF FW, LF FW 1-2
- 3&4 RF FW, LF next to RF, RF FW
- 5-6 LF FW, Recover to RF
- LF Back, RF next to LF, LF Back 7&8

[9-16] Triple-Step, Rock-Step, Step Turn ½ R, Rock-Step

- 1&2 Rock Back, LF next to RF, RF Back
- 3-4 LF Back, Recover to RF
- 5-6 LF FW, Turn 1/2 R
- 7-8 LF FW, Recover to RF

[17-24] Stomp, Hip Rollsx3, Hitch, Stomp, Hip Rollsx3, Hitch

- Stomp LF to L side make full circles with hips clockwisesx3, Hitch R knee on count 4 1-2-3-4
- 5-6-7-8 Stomp RF to L side make full circles with hips anti-clockwisesx3, Hitch L knee on count 8

[25-32] Rock-Step, Coaster-Step, Heel, Touch, Step, Together

- 1-2 LF FW, Recover to RF
- 3&4 LF Back, RF next to LF, LF FW
- 5-6 Touch R Heel FW, Touch RF next to LF
- 7-8 RF to R side, LF next to RF

Tag (4 counts)

- [1-4] Chassé R, Chassé L
- 1&2 Chassé R (RF to R side, LF next to RF, RF to R side) with hands up to the R side 3&4 Chassé L (LF to L side, RF next to LF, LF to L side) with hands up to the L side

NOTA : RF = Right Foot, LF = Left Foot, FW = Forward

Smile and enjoy the dance

Contact : maellynedance@gmail.com





墙数:2