

24 Seven - Easy (da)

拍数: 64 墙数: 4 级数: Beginner
编舞者: Lene Mainz Pedersen (DK) - July 2019
音乐: 24/7 - Scarlet Pleasure : (iTunes)



Intro: 16 Counts from heavy beat, start on lyrics

NO TAGS AND NO RESTARTS

[Sec. 1] LOCK STEP R, SCUFF, LOCK STEP L, SCUFF

1 - 4 Step fw on R, Lock L Behind R, Step fw on R, Scuff L
5 - 8 Step fw on L, Lock R Behind L, Step fw on L, Scuff R

[Sec. 2] K-STEP

1 - 4 Step R to R diagonal, Touch L beside R, Step L back to L diagonal, Touch R beside L
5 - 8 Step R back to R diagonal, Touch L beside R, Step L fw to L diagonal, Touch R beside L

[Sec. 3] ROCK R, L, R, L, VINE R, SCUFF

1 - 4 Rock R, Rock L, Rock R, Rock L (Bounce)
5 - 8 Step R to R side, Cross L behind R, Step R to R side, Scuff L

[Sec. 4] VINE 1/4 L, TURN 1/4 HITCH, ROCK R, L, R, L

1 - 4 Step L to L side, Cross R behind L, Turn 1/4 L step L fw, Hitch R knee while turning 1/4 L (6:00)
5 - 8 Rock R, Rock L, Rock R, Rock L (Bounce)

[Sec. 5] CHASSE R, BACK ROCK, KICK BALL CHANGE X2

1 & 2 Step R to R side, Step L beside R, Step R to R side
3 - 4 Rock back on L, Recover on R
5 & 6 Kick L to L diagonal, Step L down, Step small step fw on R
7 & 8 Kick L to L diagonal, Step L down, Step small step fw on R

[Sec. 6] CHASSE L, BACK ROCK, KICK BALL CHANGE X2

1 & 2 Step L to L side, Step R beside L, Step L to L side
3 - 4 Rock back on R, Recover on L
5 & 6 Kick R to R diagonal, Step R down, Step small step fw on L
7 & 8 Kick R to R diagonal, Step R down, Step small step fw on L

[Sec. 7] VINE R, POINT L, TURN 1/4 L, TURN 1/2 L, CHASSE 1/4 L

1 - 4 Step R to R, Cross L behind R, Step R to R side, Point L to L
5 - 6 Turn 1/4 L step L fw, Turn 1/2 L stepping back on R (9:00)
7 & 8 Turn 1/4 L step L to L side, Step R beside L, Step L to L side (6:00)

[Sec. 8] JAZZ BOX, CROSS, 1/4 MONTEREY R

1 - 4 Cross R in front of L, Step back on L, Step R to R side, Cross L in front of R **
5 - 8 Point R to R side, Turn 1/4 R while stepping R beside L, Point L to L side, Step L beside R (9:00)

Begin Again and enjoy the music <3

** ENDING: Last Wall – after Count 4 in Sec. 8 – make a 1/2 Monterey R to face (12:00)

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