

Betray

拍数: 64 墙数: 0 级数: Phrased Improver
编舞者: Des Ho (SG) - September 2019
音乐: Betray (背叛) (DJ Remix)



Intro : 32 count on lyrics - Dance Sequence: AAT BBBB AAT BBT BBBB
Begin Dance with weigh on Left foot - Happy Teachers' Day!

PART A [32 Cnt]

[1 - 8] R SIDE BEHIND 1/4 TURN R, 1/4 R, BACK SWEEP (2X), RIGHT BACK, LEFT TOUCH [6:00]

- 1 - 2 Step RF to R side, Step LF behind RF
- 3 - 4 Make 1/4 turn R & step RF forward, Make 1/4 turn R & step LF to L side [6:00]
- 5 - 6 Ronde sweep RF from front to back, Ronde sweep LF from front to back
- 7 - 8 Rock body back & "sit" back on RF, Touch L toes next to RF

[Option on cnt 7: Swing R arm from front to back side (in a circular motion)]

[9 - 16] L FORWARD LOCK STEP, R FWD PIVOT 1/2 TURN L, FORWARD SWEEP, TOE STRUT [12:00]

- 1&2 Step LF forward, Lock RF behind LF, Step LF forward [6:00]
- 3-4 Step RF forward, Pivot 1/2 turn L weigh on LF [12:00]
- 5-6 Step forward on RF, Ronde sweep LF from back to front
- 7-8 Touch L toes over RF, Step L heel down

[17 - 24] R HIP BUMP, BACK ROCK, LEFT VINE 1/4 TURN L [9:00]

- 1&2 Step RF to R side & R Hip Bump RLR (weigh on RF) [12:00]
- 3-4 Rock back on LF, Recover weigh on RF
- 5-6 Step LF to L side, Cross RF behind LF
- 7-8 Make 1/4 L stepping LF forward, Step forward on RF [9:00]

[25 - 32] L JAZZ BOX 1/4 TURN L, CROSS, SIDE ROCK, CROSS SHUFFLE [6:00]

- 1-2 Cross LF over RF, Step back on RF
- 3-4 Make 1/4 L stepping LF to left side, Cross RF over LF [6:00]
- 5-6 Rock LF to L side, Recover weigh on RF
- 7&8 Cross LF over RF, Step RF slightly behind & next to LF, Cross LF over RF

TAG [4 Cnt]

[1 - 8] R ROCKING CHAIR [12:00]

- 1 - 4 Rock forward on RF, Recover back on LF, Rock back on RF, Recover weigh on LF

PART B [32 Cnt]

[1 - 8] RIGHT GRAPEVINE, RIGHT LINDY [12:00]

- 1-4 Step RF to R side, Step LF behind RF, Step RF to R side, Cross LF over RF
- 5&6 Step RF to R side, Step LF together, Step RF to R side
- 7-8 Rock back on LF, Recover weigh on RF

[9 - 16] LEFT GRAPEVINE, LEFT MONTEREY 1/4 TURN L [9:00]

- 1-4 Step LF to L side, Step RF behind LF, Step LF to L side, Cross RF over LF
- 5-6 Point L toes to L side, Make 1/4 turn L & step LF together [9:00]
- 7-8 Step RF to R side, Step RF together

[17 - 24] SIDE ROCK, CROSS SHUFFLE, 1/4 TURN L, 1/4 TURN L, CROSS ROCK [3:00]

- 1-2 Rock LF to L side, Recover weigh on RF
- 3&4 Cross LF over RF, Step RF slightly behind & next to LF, Cross LF over RF
- 5-6 Make 1/4 L stepping back on RF, Make 1/4 L stepping LF to L side [3:00]

7- 8 Cross RF over LF, Recover weigh on LF

[25 - 32] R TOE STRUT, BACK ROCK, SIDE TOUCH, KICK BALL CROSS [3:00]

1- 2 Step R toes to R side, Step R heel down (weigh on RF)

[Option 1&2]: Step R toes to R side & R Hip Bump RLR (step heel down & weigh on RF)

3- 4 Rock back on LF, Recover weigh on RF

5- 6 Step LF to L side, Touch R toes next to LF

7&8 Kick RF diagonal forward, Ball step on RF, Cross LF over RF [3:00]

ENJOY!

Ending Option - Last B:

Change last 4 counts (count 29 - 32) of Part B to end at 12:00 with pose

[29 - 32] R TOE STRUT, BACK ROCK, 1/4 TURN R, 1/4 TURN R, SIDE TOUCH, KICK BALL CROSS

1 - 2 Step R toes to R side, Step R heel down (weigh on RF) [6:00]

3 - 4 Rock back on LF, Recover weigh on RF

5 - 6 Make 1/4 R stepping back on LF, Make 1/4 R stepping RF to R side [12:00]

7-8&1 Touch L toes next to RF (7), Kick Lf forward (8), Ball step on LF (&), Cross RF over LF &
Pose facing 12:00

Sequence & Starting Position:

**A(12:00), A(6:00), Tag(12:00), B(12:00), B(3:00) B(6:00), B(9:00), A(12:00), A(6:00), Tag(12:00), B(12:00),
B(3:00), Tag(6:00), B(6:00) B(9:00), B(12:00), B(3:00) Voila!**

Contact Choreographer for music & query: beaverct@gmail.com

Last Update: 16 Sep 2019
