

Wave

拍数: 88 墙数: 2 级数: Phrased Advanced
编舞者: Esmeralda van de Pol (NL) - November 2019
音乐: Wave (feat. Mike Sabath) - Meghan Trainor



Intro : start on lyrics with part A

Sequence : AA en the rest of the dance part B

You will dance part A twice, this is just to start the dance before the real beat is coming in!!

A:

BASIC NC RIGHT, SIDE, BACK ROCK, FWD RUN, ROCK FWD, STEP BACK

1-2& Step RF to R side, Step LF behind RF, Cross RF over LF
3-4& step LF to L side, Rock RF back, Recover weight on LF
5-6& Walk fwd R-L-R
7-8& Rock LF fwd, Recover weight on RF, Step LF back

BACK SWEEP, BEHIND SIDE CROSS, SWEEP, CROSS, SIDE, BEHIND SWEEP, BACK ROCK, 1/2 TURN R, CHASSE R

1-2& Step RF back-sweep LF behind RF, Step LF behind RF, Step RF to R side
3-4& Cross LF over RF-sweep RF in front of LF, Cross RF over LF, Step LF to L side
5-6& Step RF back, Rock LF back, recover weight on RF ,
7-8&1 1/2 turn R-step LF back, Step RF to R side, Step LF next to RF, Step RF to R side

CROSS ROCK SIDE, BACK ROCK , STEP FWD, STEP FWD 1/2 TURN R, STEP FWD, POINT - TOUCH

2& Rock LF in front of RF, Recover weight on RF
3-4& Step LF to L side, Rock RF back, Recover weight on LF
5-6& Step RF fwd, Step LF fwd, 1/2 turn R-weight on RF
7-8& Step LF fwd, Point RF to R side, Touch RF next to LF

Note, when you dance part A the second time, dance up till count 7 of section 3 and start B

B

KICK & POINT & POINT & KICK & TOUCH & KICK , BACK, TOUCH

1&2& Kick RF fwd, Step RF next to LF, Point LF to L side, Step LF next to RF
3&4& Point RF to R side, Step RF next to LF, Kick LF fwd, Step LF next to RF
5&6 Touch RF next to LF, Step RF next to LF, Kick LF fwd
7-8 Step LF back, Touch RF in front of LF

DOROTHY STEPS R & L, FWD ROCK & PIVOT 1/2 TURN R

1-2& Step RF diagonal fwd, Step LF behind RF, Step RF diagonal fwd
3-4& Step LF diagonal fwd, Step RF behind LF, Step LF diagonal fwd
5-6& Rock RF fwd, Recover weigh on LF, Step RF next to LF
7-8 Step LF fwd, 1/2 turn R-weight on RF 06.00

SIDE, DRAG, 1/2 TURN R SIDE ROCK, BEHIND, 1/4 TURN L, SWEEP, CROSS SAMBA

1-2 Step LF to L side, Drag RF next to LF
3&4 1/2 turn R- rock RF to R side, Recover weight on LF, Step RF behind LF 12.00
5-6 1/4 turn L-step LF fwd, Sweep RF in front of LF 09.00
7&8 Cross RF in front of LF, Rock LF to L side, Recover weight RF

STEP FWD, HITCH, COASTER STEP, STEP 1/2 TURN R, KICK BALL CHANGE

1-2 Step LF fwd, Hitch R knee up
3&4 Step RF back, Step LF next to LF, Step RF fwd

5-6 Step LF fwd, 1/2 turn R weights stays on LF ! 03.00
7&8 Kick RF fwd, Step RF next to LF, Step LF next to RF

SIDE, HOLD, COASTER CROSS, SIDE, 1/2 TURN L, CHASSE L

1-2 Step RF to R side, Hold
3&4 Step LF behind RF, Step RF to R side, Cross LF over RF
5-6 1/4 turn L-step RF back, sweep LF 1/4 turn L-weight is on RF 09.00
7&8 Step LF to L side, Step RF next to LF, Step LF to L side

1/8 TURN L, SWEEP, CROSS, SIDE, 1/8 L, WALK BACK, COASTER STEP 1/4 TURN L

1-2 1/8 turn R-step RF fwd, sweep LF in front of RF 07.30
3&4 Cross LF over RF, Step RF to R side, 1/8 turn L-step LF back 06.00
5-6 Step RF back, Step LF back
7&8 Step RF back, 1/4 turn L-step LF to L side, Cross RF over LF 03.00

SIDE ROCK, BACK ROCK, 1/2 TURN R, 1/4 TURN R, CHASSE R

1-2 Rock LF to L side, Recover weight on RF
3&4 Rock LF back, Recover weight on RF, 1/2 turn R-step LF back 09.00
5-6 1/4 turn R-step RF to R side, Step LF next to RF 12.00
7&8 Step RF to R side, Step LF next to RF, Step RF to R side

CROSS ROCK, CHASSE 1/4 TURN L, PIVOT 1/4 TURN L, KICK BALL STEP

1-2 Rock LF in front of RF, Recover weight on RF
3&4 Step LF to L side, Step RF next to LF, 1/4 turn L-step LF fwd 09.00
5-6 Step RF fwd, 1/4 turn L-weight on LF 06.00
7&8 Kick RF fwd, Step RF next to LF, Step LF fwd

NO TAGS NO RESTART

When you know the steps and listen to the music, its feels great!!

Dance With Esmeralda

Esmeralda v.d. Pol

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