

No New Friends

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - December 2019
音乐: No New Friends (feat. Sia, Diplo & Labrinth) - LSD : (iTunes)



(Intro: 16 counts)

[S1] Rocking Chair, Step-Pivot 1/2L-Shuffle Fwd, Rocking Chair-Together

1&2& Rock R forward, Recover weight on L, Rock R back, Recover weight on L
3& Step forward on R, Make a ½ turn left recover weight on L
4&5 Shuffle forward RLR
6&7 Rock L forward, Recover weight on R, Rock L back
8& Recover weight on R, Step L together (6:00)

[S2] Side Chasse-&Side Rock-Cross, 3/4R Turn, Fwd Mambo-Together (Optional: Hip Bump)

1&2& Step R to the side, Step L next to R, Step R to the side, Step L next to R
3&4 Rock R to right, Recover weight on L, Cross R over L
5 6 Make a ¼ turn right stepping back on L, Make a ½ turn right stepping forward on R
7&8 Rock forward on L, Recover weight on R, Step L together with hip bump (3:00)

[S3] Heel Hook-Heel Flick, Shuffle Fwd, Heel Hook-Heel Flick, Fwd Rock-1/4L

1&2& Heel forward on R, Hook R foot across L, Heel forward on R, Flick R heel to the side
3&4 Shuffle forward RLR
5&6& Heel forward on L, Hook L foot across R, Heel forward on L, Flick L heel to the side
7&8 Rock forward on L, Recover weight on R, Make a ¼ turn left stepping forward on L (12:00)

[S4] Toe-Heel-Fwd, Toe-Heel-Heel, Fwd Rock, 1/4L Sailor Fwd

1&2 Touch R toe to the side, Touch R heel forward, Step forward on R
3&4 Touch L toe to the side, Touch L heel forward, Tap L heel on the spot
5 6 Rock forward on L, Recover weight on R
7&8 Make a ¼ turn left step L behind R, Step R to the side, Step forward on L (9:00)

Repeat

Please feel free to contact me if you need any further information.(hirokoclinedancing@gmail.com)
(updated: 26/Dec/19)