

50 Shades

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Morgane de France (FR) - February 2020
音乐: What She Wants Tonight - Luke Bryan



Part A (32 counts) : repeated twice
Part B (32 counts) : repeated 6 times
Part C (16 counts) : repeated twice
Part D (16 counts): once

Sequences : Intro – A – B – C – A – B – D – C – 4 x B

INTRO – 16 COUNTS

PART A – VERSE = 32 COUNTS / 4 SECTIONS OF 8 COUNTS

SECTION A1 : POINT – TOUCH – STEP LOCK STEP – MONTEREY – STEP LOCK STEP

- 1 – 2 Point your right foot to the side (1) Touch right beside left (2)
3 & 4 Step (3) lock (and) step (4) starting with the right foot diagonally in order to face the right front corner on count 4
5 – 6 Point your left foot to the side (5) Touch left beside right and turn $\frac{1}{4}$ left at the same time (feet remain together) in order to face the left front corner on count 6 (6)
7 – 8 Step (7) lock (and) step (8) starting with the left foot

SECTION A2 : PUSH TURN – VAUDEVILLE x 2 – $\frac{1}{4}$ PIVOT – TOE STRUT x 2

- 1 – 2 Step forward on right (1) Turn $\frac{5}{8}$ back over the left shoulder till you face 3 o'clock (2)
3 & 4 Cross right over left (3) Step left to the left side (and) Tap right heel to the right corner of 3 o'clock (4)
& 5 & 6 Step back on the right (and) Cross left over right (5) Step right to the right side and turn $\frac{1}{4}$ left at the same time (and) Tap left heel in front of 12 o'clock in order to finish the vaudeville facing 12 o'clock on count 6 (6)
7 – 8 Toe strut back left (7) Toe strut back right (8)

SECTION A3 : POINT – TOUCH – STEP LOCK STEP – MONTEREY – STEP LOCK STEP

- 1 – 2 Point your left foot to the side (1) Touch left beside right (2)
3 & 4 Step (3) lock (and) step (4) starting with the left foot diagonally in order to face the left front corner on count 4
5 – 6 Point your right foot to the side (5) Touch right beside left and turn $\frac{1}{4}$ right at the same time (feet remain together) in order to face the right front corner on count 6 (6)
7 – 8 Step (7) lock (and) step (8) starting with the right foot

SECTION A4 : PUSH TURN – 2 x VAUDEVILLE – $\frac{1}{4}$ PIVOT – TOE STRUT x 2

- 1 – 2 Step forward on left (1) Turn $\frac{5}{8}$ back over the right shoulder till you face 9 o'clock (2)
3 & 4 Cross left over right (3) Step right to the right side (and) Tap left heel to the left corner of 9 o'clock (4)
& 5 & 6 Step back on the left (and) Cross right over left (5) Step left to the left side and turn $\frac{1}{4}$ right at the same time (and) Tap right heel in front of 12 o'clock in order to finish the vaudeville facing 12 o'clock on count 6 (6)
7 – 8 Toe strut back right (7) Toe strut back left (8)

PART B – CHORUS = 32 COUNTS / 4 SECTIONS OF 8 COUNTS

SECTION B1 : STEP – CROSS – STEP – HEEL – STEP – CROSS

Once starting right (4 counts) and once starting left (4 counts)

Facing 12 o'clock

- 1 – 2 Step right to the right side (1) Cross left behind right (2)
& 3 & 4 Step right to the right side (and) Tap left heel to left front corner (3) Step back on left (and) Cross right over left (4)
5 – 6 Step left to the left side (5) Cross right behind left (6)
& 7 & 8 Step left to the left side (and) Tap right heel to right front corner (7) Step back on right (and) Cross left over right (8)

SECTION B2 : STEP – ½ PIVOT – SAILOR STEP x 2 – STEP – HEELS AND HIP SWIVEL

Starting 12 o'clock and finishing 6 o'clock

- 1 – 2 Step forward on right (1) Step forward on left and turn ½ forward right on the same count (2) You're now facing 6 o'clock with the left foot behind
3 & 4 Cross right behind left (3) Step side on left (and) Step side on right (4)
5 & 6 Cross left behind right (5) Step side on right (and) Step side on left (6)
7 & 8 Step forward on right (7) Both heels and right hip swiveling towards 6 o'clock (and) Recover (8)

SECTION B3 : STEP – CROSS – STEP – HEEL – STEP – CROSS

Once starting right (4 counts) and once starting left (4 counts)

Facing 6 o'clock

Idem SECTION 1

SECTION B4 : STEP – ½ PIVOT – SAILOR STEP x 2 – STEP – HEELS AND HIP SWIVEL

Starting 6 o'clock and finishing 12 o'clock

Idem SECTION 2

PART C = 16 COUNTS / 2 SECTIONS OF 8 COUNTS

SECTION C1 : POINT – CROSS – POINT – CROSS – STEP – ONE AND A HALF TURN

- 1 – 2 Point your right foot to the right side (1) Cross right behind left (2)
3 – 4 Point your left foot to the left side (3) Cross left behind right (4)
5 – 6 Step forward on right (5) Step forward on left and turn ½ forward right on the same count (6)
You're now facing 6 o'clock with the left foot behind
7 – 8 Turn ½ back over the right shoulder (7) Step forward left and turn ½ forward right on the same count (8)

You're now facing 6 o'clock again with left foot behind

On the last 4 counts, you have in fact made one and a half turn.

SECTION C2 : Idem SECTION 1 but starting 6 o'clock and finishing 12 o'clock

REPEAT PART A – VERSE = 32 COUNTS / 4 SECTIONS OF 8 COUNTS

REPEAT PART B – CHORUS = 32 COUNTS / 4 SECTIONS OF 8 COUNTS

PART D = 16 COUNTS / 2 SECTIONS OF 8 COUNTS

SECTION D1 : STEP – TOUCH – STEP – KICK – COASTER STEP – PUSH TURN x 2

- 1 & 2 Step forward on right (1) Touch left beside right (and) Step back on left (2)
& 3 & 4 Kick right forward (and) Step back on right (3) Step back on left (and) Step forward on right (4)
5 – 6 Step forward on left (5) Turn ½ back right (6)
7 – 8 Step forward on left (7) Turn ½ back right (8)

SECTION D2 : STEP – TOUCH – STEP – KICK – COASTER STEP – PUSH TURN x 2

- 1 & 2 Step forward on left (1) Touch right beside left (and) Step back on right (2)
& 3 & 4 Kick left forward (and) Step back on left (3) Step back on right (and) Step forward on left (4)
5 – 6 Step forward on right (5) Turn ½ back left (6)
7 – 8 Step forward on right (7) Turn ½ back left (8)

REPEAT PART C = 16 COUNTS / 2 SECTIONS OF 8 COUNTS

FINAL – REPEAT 4 TIMES PART B

Note : when you step forward or back, if you "very slightly" cross the foot (over or behind) it will bring an "elegant" style to the choreography. Try it on (even for the toe struts).

Thanks for reading – Enjoy !!!

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