

Memories

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Wil Bos (NL) & Colin Ghys (BEL) - March 2020
音乐: Memories - Maroon 5 : (3:15)



Intro 16 counts (Start the dance with the walk walk Diagonal (1:30))

Walk, Walk, Anchor Step, ½ Turn L Step Fwd, Step Fwd, Anchor Step, Sweep

1-2 RF. Step fwd - LF. Step fwd
3&4 RF. Lock behind LF – LF. Step on place – RF. Step back (1:30)
5-6 LF. ½ Turn left step forward – RF. Step forward
7&8 LF. Lock behind RF – RF. Step on place – LF. Step back & sweep RF from front to back (7.30)

Modified Sailor Step Skate 1/8 R, Skate L, ¼ Turn R, ½ Turn R, Sweep, Cross Behind, Side, Step Fwd, Knee pop swivel ½ Turn left

1&2 RF. Cross behind LF – LF. Step to Left side – RF. Skate fwd with 1/8 turn R(9:00)
3-4 LF. Skate fwd - RF. ¼ right step fwd (12:00)
5 LF. ½ turn right step back – RF. Sweep RF from front to back (6:00)
6&7 RF. Cross behind LF – LF. Step to left – RF. Step fwd
&8 Raise both heels up and pop knees fwd and swivel RF & LF ½ turn left and take weight on RF(12:00)

Rock Back, Recover, ½ Chase Turn R, Full Turn L, Mambo Step Drag Back

1-2 LF. Rock back - RF. Recover
3&4 LF. Step fwd – RF & LF. Make ½ turn right – LF. Step fwd (6:00)
5-6 RF. ½ left step back – LF. ½ left step fwd
7&8 RF. Rock fwd - LF. Recover – RF. Step back & drag left heel towards RF (6:00)

Coaster Cross, Kickball Cross, Side Step, ¾ Spiral Turn L, ¼ Shuffle L

1&2 LF. Step back– RF. Close beside LF - LF. Cross over RF
3&4 RF. Kick fwd - RF. Step on ball – LF. Cross over RF
5-6 RF. Step to right - LF. ½ spiral roll left keep Weight on RF (9.00)
7&8 LF. 1/8 left step fwd – RF. Close beside LF – LF. 1/8 left step fwd (6:00)

(** TAG 1 wall 1 & Restart (12:00))

Cross Over, Hold, Side Step & Heel Fwd, Hold, Cross Shuffle, Press & Flick 1/4 Turn L

1-2 RF. Cross over LF - Hold
&3-4 LF. Step to left side – RF. Dig heel forward toward R diagonal - Hold
&5&6 RF. Step next to LF - LF. Cross over RF – RF. Step to right – LF. Cross over RF
7-8 RF. Step on ball and press – LF. Recover ¼ turn L and flick RF back(3:00)

Toe Strut, Toe Strut ¼ Turn R, 1/2 Turn Shuffle R, ½ Chase Turn R

1-2 RF. Cross over LF and step on toe – RF. Put heel down
3-4 LF. ¼ right and step back on toe - LF. Put heel down (6:00)
5&6 RF. ¼ turn step to right – LF. Close beside RF - RF. ¼ turn right step fwd (12:00)
7&8 LF. Step fwd – RF & LF. Make ½ turn right – LF. Step fwd (6:00)

In wall one after 32 counts

Tag 1(6:00): Walk ¼ Turn Left x2

1-2 RF. ¼ turn left step fwd - LF. ¼ turn left step fwd and restart facing (12:00)

After wall 3

Tag 2: Hitch Ball Step (12:00)

1&2 RF. Hitch right Knee - RF. Step on ball – LF. Step fwd
