

Post Malone

拍数: 32 墙数: 4 级数: Novice
编舞者: Guy Dubé (CAN) - September 2020
音乐: Post Malone (feat. RANI) - Sam Feldt



Note : Special thanks to Michel Auclair for his musical choice.
Intro : 8 counts.

[1-8] STEP FWD, HITCH, COASTER STEP, ROCK STEP, RECOVER, TOGETHER, ROCK STEP, RECOVER

1-2 Step R forward, hitch L
3&4 Step L back, step R together L, step L forward
5-6 Rock step R forward, recover on L
&7-8 Step R together L, rock step L forward, recover on R

[9-16] BACK STEP-LOCK-STEP, ROCK BACK, RECOVER, SYNCOPATED TOUCHES, SLIDE

1&2 Step L back, cross step R over L, step L back
3-4 Rock back R, recover on L
5&6 Point R to right, step R together L, point L to left
&7-8 Step L together R, point R to right, slide toe toward L

[17-24] CROSS, SIDE, SAILOR STEP in 1/4 TURN R, STEP FWD, 1/2 HINGE TURN L, SHUFFLE BACK

1-2 Cross R over L, step L to left
3&4 Cross R behind L, 1/4 turn to right and step L on place, step R forward
5-6 Step L forward, 1/2 turn to left and step back R
7&8 Shuffle back with L,R,L

[25-32] SYNCOPATED HEELS JACK, CROSS SAMBA to L, CROSS SAMBA to R

&1&2 Step back R, heel touch L forward, step L together R, toe touch R together L
&3&4 Step back R, heel touch L forward, step L together R, toe touch R together L
5&6 Cross step R over L, rock side L, recover on R
7&8 Cross step L over R, rock side R, recover on L

RESTART:-

At the 2nd repetition of the dance (facing 9 O'clock), do the first 16 counts and restart from the beginning.
At the 6th repetition of the dance (facing 12 O'clock), do the first 16 counts and restart from the beginning.

TAG : -

At the 4th repetition of the dance (facing 3 O'clock), do these 4 counts tag.

At the 8th repetition of the dance (facing 6 O'clock), do these 4 counts tag.

1-4 Step R forward, pivot 1/2 turn to left, step R forward, pivot 1/2 turn to left

HAVE FUN !

GUY