

Selfies (in Moss)

拍数: 64 墙数: 4 级数: High Improver
编舞者: Tom Inge Soenju (NOR) & I.C.E. (ES) - September 2020
音乐: L'esercito del selfie (feat. Lorenzo Fragola & Arisa) - Takagi & Ketra



Intro: 4 counts (approx. 2 secs)

Note: This dance was choreographed for Kicking Boots' 10-year anniversary celebration (in Moss, Norway). Thanks to Rob Fowler for his great tips and help with the dance.

S1 - Point L Across, Point L Side, ½ Vaudeville, Hold Ball Cross, Side, Behind Side Cross

1,2 Point L across R, point L to L side
3&4 Cross L over R, step R to R side, touch L heel to L diagonal 10:30
5&6 Hold (option: pose & take a 'selfie'), step L next to R, cross R over L 12:00
7,8&1 Step L to L side, step R behind L, step L next to R, cross R over L

S2 - Side Rock, Recover, Cross Shuffle, Side, Behind, Point

2,3 Rock L to L side, recover on R
4&5 Cross L over R, step R to R side, cross L over R
6,7,8 Step R to R side, step L behind R, point R to R side 12:00

S3 - Point R Across, Point R Side, ½ Vaudeville, Hold Ball Cross, Side, Behind Side Cross

1,2 Point R across L, point R to R side
3&4 Cross R over L, step L to L side, touch R heel to R diagonal 1:30
5&6 Hold (option: pose & take a 'selfie'), step R next to L, cross L over R 12:00
7,8&1 Step R to R side, step L behind R, step R next to L, cross L over R

S4 - Side Rock, ¼ L Turn Recover, Shuffle Fwd, Walk x3

2,3 Rock R to R side, make ¼ turn L recovering weight on L 9:00
4&5 Step fwd R, step L next to R, step fwd R
6,7,8 Step fwd L, step fwd R, step fwd L (option for counts 6,7: full turn R) 9:00
RESTART: Wall 5: Change S4, Count 8 to 'point L to L side' & restart the dance facing 9:00

S5 - Charleston Steps, Flick, Back, Coaster Step

1,2 Sweep and touch R fwd (weight on L), sweep and step R back
3,4 Sweep and touch L back (weight on R), sweep and step L fwd
5,6 Flick R behind L (option: pose & take a 'selfie'), step back R
7&8 Step back L, step R next to L, step fwd L 9:00

S6 - Step, Lock, Step, ¼ R Pivot Turn, Cross Shuffle, ¼ L Turn, ¼ L Turn

1&2 Step fwd R, lock L behind R, step fwd R
3,4 Step fwd L, make ¼ R turn (weight on R) 12:00
5&6 Cross L over R, step R to R side, cross L over R
7,8 Make ¼ turn L stepping back R, make ¼ turn L stepping L to L side 6:00

S7 - Cross Shuffle, Side Mambo Cross, Hold Ball Cross, Rock, Recover, Step

1&2 Cross R over L, step L to L side, cross R over L
3&4 Rock L to L side, recover on R, cross L over R
5&6 Hold (option: pose & take a 'selfie'), step R next to L, cross L over R
7,8& Rock R to R side, recover on L, step R next to L 6:00

S8 - ¼ Rock, Recover, Ball Step, Rock, Recover, Ball Step, Side, Fwd, Hitch, Point

1,2& Make ¼ R turn rocking L to L side, recover on R, step L next to R 9:00
3,4& Rock R to R side, recover on L, step R next to L
5,6 Step L to L side, step fwd R
7,8 Hitch L towards body, point L to L side 9:00

Start again and enjoy! Happy Dancing!

ENDING: Wall 6: Dance up to and including S8, count 6 (facing 6:00), hitch L making ½ turn R, step fwd L to end facing 12:00

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