

Mugshot

拍数: 72 墙数: 2 级数: Phrased High Intermediate
编舞者: Adam Åstmar (SWE) & Malene Jakobsen (DK) - December 2020
音乐: Secrets - Regard & RAYE : (Clean Version)



Sequence: A - A - B - A - A - A - B - A - B

Intro: 32 counts, approx. 16 seconds, starting on the first heavy beat.

Sect - A1: Ball. Point. Cross. Quick Side Rock. Cross. ¼ L. Side. Point. ¼ R.

- & 1 - 2 (&) Ball step back on LF. (1) Point to the right with RF. (2) Cross RF over LF.
& 3 - 4 (&) Rock to the left on LF. (3) Recover on RF. (4) Cross LF over RF.
5 - 6 (5) Turn ¼ to the left, stepping back on RF. (6) Step to the left on LF.
7 - 8 (7) Point to the right with RF. (8) Turn ¼ to the right, placing weight on RF.

Sect - A2: 7/8 Turn R with Low Kick. Ball. Rock Forward. Back with 1/8 Sweep/Hold. Behind. ¼ L with Hitch/Hold.

- 1 - 2 & (1) Step forward on LF, starting to turn 7/8 on LF to the right, lifting R foot slightly off the ground and pointing out. (2) Finish turning 7/8, now facing the diagonal. (&) Ball step forward on RF.
3 - 4 (3) Rock forward on LF. (4) Recover on RF.
5 & 6 & (5) Step back on LF, starting to sweep RF from back to front. (6) Turn 1/8 to the right, finishing sweep with RF. (&) Step RF behind LF.
7 - 8 (7) Turn ¼ to the left, stepping forward on LF, hitching R knee. (8) Hold, continue to hitch R knee.

Sect - A3: Ball. Rock Forward. Shuffle ½ Turn. ½ L. ¼ L with Sweep/Hold. Cross. Back. Side.

- & 1 - 2 (&) Ball step forward on RF. (1) Rock forward on LF. (2) Recover on RF.
3 & 4 Make a shuffle ½ turn, stepping (3) LF, (&) RF, (4) LF.
5 - 6 (5) Turn ½ to the left, stepping back on RF. (6) Turn ¼ to the left, stepping to the left on LF and start to sweep RF from the side to the front.
7 - 8&1 (7) Finish sweeping RF. (8) Cross RF over LF. (&) Step slightly back on LF. (1) Step to the right on RF.

Sect - A4: Hold. Ball-Side. Hold. Ball-Side. Touch. Walk Back L, R.

- 2 & 3 (2) Hold. (&) Ball step LF next to RF. (3) Step to the right on RF.
4 & (4) Hold. (&) Ball step LF next to RF.
5 - 6 (5) Step to the right on RF. (6) Touch LF next to RF.
7 - 8 (7) Step back on LF. (8) Step back on RF.

Styling: If you want, you can fan your toes out when walking back on count 7, 8.

Sect - B1: Back-Touch. Hold. Back-Touch. Hold. Ball. Point-And-Point. Ball. Step ½ Turn.

- & 1 - 2 (&) Step slightly back on LF. (1) Touch RF in front of LF. (2) Hold.
& 3 - 4 (&) Step slightly back on RF. (3) Touch LF in front of RF. (4) Hold.
& 5 & 6 (&) Ball step LF next to RF. (5) Point to the right with RF. (&) Close RF next to LF. (6) Point to the left with LF.
& 7 - 8 (&) Close LF next to RF. (7) Step forward on RF. (8) Turn ½ to the left, placing weight on LF.

Sect - B2: Shuffle Forward. Step with Sweep/Hold. Jazz Box Travelling Back with Cross.

- 1 & 2 Make a shuffle forward, stepping (1) RF, (&) LF, (2) RF.
3 - 4 (3) Step forward on LF and start to sweep RF from back to front. (4) Finish sweeping RF.
5 - 6 (5) Cross RF over LF. (6) Step back on LF.
7 - 8 (7) Step diagonally back on RF. (8) Cross LF over RF.

Sect - B3: Back-Touch. Hold. Back-Touch. Hold. Ball. Point-And-Point. Ball. Step ½ Turn.

- & 1 - 2 (&) Step slightly back on RF. (1) Touch LF in front of RF. (2) Hold.
& 3 - 4 (&) Step slightly back on LF. (3) Touch RF in front of LF. (4) Hold.
& 5 & 6 (&) Ball step RF next to LF. (5) Point to the left with LF. (&) Close LF next to RF. (6) Point to the right with RF.
& 7 - 8 (&) Close RF next to LF. (7) Step forward on LF. (8) Turn ½ to the right, placing weight on RF.

Sect - B4: Shuffle Forward. Step with Sweep/Hold. Jazz Box Travelling Back.

- 1 & 2 Make a shuffle forward, stepping (1) LF, (&) RF, (2) LF.
3 - 4 (3) Step forward on RF and start to sweep LF from back to front. (4) Finish sweeping LF.
5 - 6 (5) Cross LF over RF. (6) Step back on RF.
7 - 8 (7) Step diagonally back on LF. (8) Cross RF over LF.

Sect - B5: Side with Drag/Hold. Ball. Cross. Side. Reversed Rocking Chair.

- 1 - 2 & (1) Take a big step to the left on LF and start dragging RF towards LF. (2) Finish dragging RF. (&) Ball step RF next to LF.
3 - 4 (3) Cross LF over RF. (4) Step to the right on RF.
5 - 6 (5) Rock back on LF. (6) Recover on RF.
7 - 8 (7) Rock forward on LF. (8) Recover on RF.

Have fun!
