

# Pas Essentiel

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 14 December 2020  
音乐: Pas essentiel - Grand Corps Malade



**Start : On the lyrics No Tag - No Restart**

**[1-8] Walk, Walk, Walk, Walk, Rocking chair**

1-2            RF FW, LF FW  
3-4            RF FW, LF FW  
5-6            RF FW, Recover to LF  
7-8            RF Back, Recover to LF

**[9-16] Step, Touch, Back, Touch, Step ¼ R, Together, Step, Brush**

1-2            RF FW on R diagonal, Touch LF next to RF  
3-4            LF back on L diagonal, Touch RF next to LF  
5-6            Make ¼ R with RF to the R side, LF next to RF  
7-8            RF to the R side, Brush LF FW

**[17-24] Cross Rock, Step, Hold, Cross Rock, Step, Hold**

1-2            Cross LF over RF, Recover to RF  
3-4            LF to the L side, Hold  
5-6            Cross RF over LF, Recover to LF  
7-8            RF to the R side, Hold

**[25-32] Back, Close, Snap, Snap, Back, Together, Snap, Snap\***

1-2            LF back on L diagonal, RF next to LF (weight is on LF)  
3-4            Snap, Snap  
5-6            RF back on R diagonal, LF next to RF  
7-8            Snap, Snap \*(Option on 2 counts : Hands in front of the mouth or eyes)

**Smile and enjoy the dance**

**Contact : [maellynedance@gmail.com](mailto:maellynedance@gmail.com)**

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