

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
