

Emergency

拍数: 64 墙数: 4 级数: High Improver
编舞者: YoungSoon Song (KOR) - January 2021
音乐: Emergency - Iona Pop



No Restart, No Tag

S1: SIDE, TOUCH, SIDE, TOUCH, HIP SWAY R, L, HIP CIRCLE

1&2 RF Step R(1), LF Touch Beside RF(&), RF Recover(2)
3&4 LF Step L(3), RF Touch Beside LF(&), LF Recover(4)
5-6 RF Step R with Hip Sway R(5), Hip Sway L with Weight on LF(6)
7-8 BF Hold with Hip Circle Right to Left(7-8)

S2: SAILOR STEP R, L, SWEEP BACKWARDS X4

1&2 RF Cross Behind(1), LF Together(&), RF Step R(2)
3&4 LF Cross Behind(3), RF Together(&), LF Step L(4)
5-6 RF Step Backwards with LF Sweep Backwards(5), LF Step Backwards with RF Sweep Backwards(6)
7-8 RF Step Backwards with LF Sweep Backwards(7), LF Step Backwards with RF Sweep Backwards(8)

S3: DIAGONAL KICK R X2, DIAGONAL JUMP BF TOGETHER WITH CLAP, DIAGONAL KICK L X2, DIAGONAL JUMP BF TOGETHER WITH CLAP, WEIGHT CHANGE R, L, R, L

1&2 RF Kick Diagonal R(1), RF Kick Diagonal R(&), LF Jump Diagonal R BF Together with Clap(2)
3&4 LF Kick Diagonal L(3), LF Kick Diagonal L(&), RF Jump Diagonal L BF Together with Clap(4)
5-6 RF Step R(5), Weight on LF(6)
7-8 Weight on RF(7), Weight on LF(8)

(*Styling: when you do 5-8 counts, with wave)

S4: CROSS FORWARD, TOUCH L with 1/4 TURN R, 1/4 TURN R, 1/2 TURN R, ROLLING TURN, CLAP, CLAP

1-2 RF Cross Forward(1), LF Touch L with 1/4 Turn R(3:00)(2)
3-4 LF Touch L with 1/4 Turn R(6:00)(3), LF Touch L with 1/2 Turn R(12:00)(4)
5-6 LF Step 1/4 Turn L(9:00)(5), RF Step 1/2 Turn L(3:00)(6)
7&8 LF Step 1/4 Turn L with BF Knee Band(12:00)(7), Clap(&), Clap(8)

S5: ROCK, RECOVER, TOGETHER, ROCK, RECOVER, TOGETHER, SIDE, HEEL SWIVEL L, SIDE, HEEL SWIVEL R

1-2& RF Step Forward(1), LF Recover(2), RF Together(&)
3-4& LF Step Forward(3), RF Recover(4), LF Together(&)
5&6 RF Step R with BF Knee Band and Put your hands on your right knee(5), LF Heel Swivel L(&), LF Recover(6)
7&8 Weight on LF and Put your hands on your left knee(7), RF Heel Swivel R(&), RF Recover(8)
(*When you done Heel Swivel R, you should have to Weight on RF)

S6: ROCK STEP, TOGETHER, ROCK STEP, TOGETHER, SIDE, HEEL SWIVEL R, SIDE, HEEL SWIVEL L

1-2& LF Step Forward(1), RF Recover(2), LF Together(&)
3-4& RF Step Forward(3), LF Recover(4), RF Together(&)
5&6 LF Step L with BF Knee Band and Put your hands on your left knee(5), RF Heel Swivel R(&), RF Recover(6)
7&8 Weight on RF and Put your hands on your right knee(7), LF Heel Swivel L(&), LF Recover(8)
(*When you done Heel Swivel L, you should have to Weight on LF)

S7: SIDE, TOGETHER, SIDE, TOGETHER, TOE AND KNEE BAND OUT, RECOVER, HITCH, RECOVER

- 1-2 RF Step R(1), LF Together and BF Knee Band with Upper Body Bounce(2)
- 3-4 RF Step R(3), LF Together and BF Knee Band with Upper Body Bounce(4)
- 5&6& BF Toe and Knee Band Out In Place(5), Recover(&), LF Hitch(6), LF Recover(&)
- 7&8& BF Toe and Knee Band Out In Place(7), Recover(&), RF Hitch(8), RF Recover(&)

S8: SIDE, TOGETHER, 1/4 TURN L, TOGETHER, TOE AND KNEE BAND OUT, RECOVER, HITCH, RECOVER

- 1-2 RF Step R(1), LF Together and BF Knee Band with Upper Body Bounce(2)
 - 3-4 RF 1/4 Turn L Step R(9:00)(3), LF Together and BF Knee Band with Upper Body Bounce(4)
 - 5&6& BF Toe and Knee Band Out In Place(5), Recover(&), LF Hitch(6), LF Recover(&)
 - 7&8& BF Toe and Knee Band Out In Place(7), Recover(&), RF Hitch(8), RF Recover(&)
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