

Circles

拍数: 32 墙数: 4 级数:
编舞者: Dorothy Michaels (USA) - January 2021
音乐: Circles - Post Malone



Intro: 32 counts. Starts with strong beat. No Tags or Restarts

As a choreographer I have no rights to this music or any of its royalties. This is strictly for educational purposes to dance.

S1 R&L DIAG. STEP. LOCK. SHUFFLES

1.2. Right Step fwd. Lock left foot behind R
3&4 Shuffle fwd RLR.
5.6. Left step fwd. Lock right behind L
7&8 Shuffle fwd LRL.

S2 STOMP R.L. SAILOR X2. STOMP R&L

1.2. Stomp R foot. Stomp L foot
3&4 right sailor
5&6 Left sailor
7.8. Stomp R foot. Stomp L foot

S3 VINE R.BRUSH. VINE L. ¼ L. BRUSH

1-4 R foot out.behind. side R. Brush L foot
5-8 L out. Behind. Side L. 1/4L Bush R ft

S4 WALK.WALK. HIP BUMPS. REPEAT.

1.2. Walk fwd R. Walk fwd L.
3&4 hip bumps right and left and right.
5.6 walk fwd L. Walk fwd R.
7&8 hip bumps left and right and left.

Great music. Fun dance. Enjoy !!
