

Dilemma

拍数: 48 墙数: 2 级数: Low Intermediate
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音乐: Dilemma (feat. Kelly Rowland) - Nelly



Intro: 16 count

#Section I. SIDE RECOVER - SAILOR CROSS - SIDE RECOVER - SAILOR 1/4 L

1 - 2 Step R to side , recover on L
3&4 Step R behind L, step L to side, Cross R over L
5 - 6 Step L to side , recover on R
7&8 1/4 turn L step L back , step R to side , step L Forward (9:00)

#Section II. ROCK RECOVER - BACK TOUCH - ANCHOR STEP

1 - 2 Step R Forward, recover on L
3 - 4 Step R back diagonal, touch L Beside R
5&6 Step L back, step R in Place, step L in place
7&8 Step R back, step L in place, step R in Place

#Section III. SIDE TOUCH - SIDE CHASSEE - 1/4 R SIDE TOUCH - SIDE CHASSEE

1&2& Step L to side, touch R Beside L, step R to side, touch L Beside R
3 & 4 Step L to side, step R together, Step L to side
5&6& 1/4 turn R step R to side, touch L Beside R, step L to side, touch R Beside L (12:00)
7 & 8 Step R to side, step L together, step R to side

#Section IV. DIAGONAL BACK TOUCH - SWAY

1 - 2 Step L back diagonal , touch R Beside L
3 - 4 Step R back diagonal, touch L Beside R
5 - 8 Step L to side with hips sway L, R, L, R

#Section V. FORWARD LOCK SHUFFLE - PIVOT 1/2 L - FULL TURN - KICK BALL TOUCH

1 & 2 Step L Forward, step R lock behind R, step L Forward
3 & 4 Step R Forward, 1/2 L step L in place, step R forward (6:00)
5 & 6 1/2 turn R step L back, 1/2 turn R step R forward, step L Forward
7 & 8 kick R forward, step R beside L, touch L to side

#Section VI. CROSS TOUCH - LONG STEP - 1/4 L SAILOR STEP - PRISSY WALK

1 - 2 Touch L Cross over R, step L to side
3 - 4 Touch R Cross over L, Long step R to side
5 & 6 1/4 turn L step L back, step R to side, step L forward (3:00)
7 - 8 Step forward R, L

RESTART: on wall 3 & 5 after 32 count after sway and change step

5 - 8 Step L to side with hips sway L, R, L , step R Beside L

Enjoy your dance

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