

Echo

拍数: 32 墙数: 4 级数: Low Advanced
编舞者: Hiroko Carlsson (AUS) - July 2021
音乐: Echo (with KSHMR) - Armaan Malik & Eric Nam : (Spotify)



(8 counts intro/Dance starts on lyrics)

[S1] Back w/ Sweep, Back w/ Sweep, Behind-Side-Cross Rock, Side, Cross-1/4L-1/4L-Together-Side Rock

1 2 Step back on R/sweeping L around, Step back on L/sweeping R around
3&4& Step R behind L, Step L to the side, Rock R over L, Recover weight on L
5 6& Step R to the side, Cross L over R, Make a 1/4 turn left stepping back on R
7& Make a 1/4 turn left stepping L to the side, Step R together (6:00)
8& Rock L to the side, Recover weight on R

[S2] 1/8R Fwd Rock, Touch-Unwind 1/2L, 1/2L-Back Rock, Ball-Pivot 3/5R-1/4R-Touch

1 2 Make a 1/8 turn right/rock forward on L, Recover weight on R (7:30)
3 4& Touch back on L toe, Unwind 1/2 turn left on L ball, Make a further 1/2 turn left stepping back on R (7:30)
5 6 Rock back on L, Recover weight on R
&7 Step forward on L ball, Make a 3/5 turn left recover weight on R (12:00)
&8 Make a 1/4 turn left stepping L to the side, Touch R next to L (3:00)

[S3] Sway-Sway-Sway, Cross Rock-Side, Extended Weave 1/2L Turn

1 2 3 Step R to the side and sway R-L-R weight ends on right foot
4&5 Rock L across L, Recover weight on R, Step L to the side
6&7& Cross R over L, Step L to the side, Step R behind L, Make a 1/4 turn left stepping forward on L (12:00)
8& Step forward on R, Make a 1/4 turn left recover weight on L (9:00)

[S4] Cross Rock, Side Rock-Cross Rock, Lunge, Hinge Full Turn R

1 2 Rock R across L, Recover weight on L
3&4& Rock R to the side, Recover weight on L, Rock R across L, Recover weight on L
5 6 Rock/lunge R to the side, Recover weight on L
7 8 Make a 1/2 hinge turn right stepping R to the side, Make a further 1/2 turn right stepping L to the side (9:00)

The dance finishes at the front.

Please feel free to contact me if you need any further information.(hirokoclinedancing@gmail.com)
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