

B.B.R (Blond, Brown, Red)

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Frédérique Sorolla (FR) - August 2021
音乐: Amène-moi une bière - Louis Bérubé
或: Listen To Your Senses - Slim Attraction



Other option : No Tag - Listen to your senses by Slim Attraction (BPM 158)

Clockwise - 1TAG

Start the dance on the lyrics

I: R STEP SIDE R , L TOUCH , L STEP SIDE L, R HOOK FORWARD - 1/2 RUMBA BOX R & BACK , L STOMP UP (1 à 8)

1,2 RF side to Right, touch LF Ball next to RF
3,4 LF side to Left, Right Hook above LF
5,6,7 ½ Rumba box = RF side to Right, LF next to RF, RF back
8 Left stomp up = tap LF with slight bounce next to RF

II: L STEP DIAG FWD , R BRUSH , R STEP DIAG FWD , L BRUSH - SLOW TRIPLE STEP FWD , R SCUFF (9 à 16)

1,2 LF in Left Diagonal forward, brush RF forward next to LF
3,4 RF in Right Diagonal forward, brush LF forward next to RF
5,6,7 Triple forward (no syncopated) : L step forward, R step next LF, L step forward
8 Right scuff next to LF

III: JAZZ BOX with TOE STRUTS 1/4T TO R , ending by L HEEL & HOOK (17 à 24)

1,2 RF Ball cross above LF, put down Right Heel
3,4 LF Ball back , put down Left Heel 3h
5,6 1/4T to Right with RF Ball forward, put down Right Heel 3h
7,8 Left Heel Forward, Left Hook above RF

IV: 1/2 RUMBA BOX L & FWD, R STOMP UP - LONG STEP & SLIDE SIDE TO R , L STOMP, HOLD (25 à 32)

1,2,3 ½ Rumba box = LF side to Left, RF next to LF, LF forward
4 Right stomp up = tap RF with slight bounce next to LF
5,6 long right step side to Right, slide LF next to RF (weight on RF)
7,8 Left stomp next to RF (weight on LF), HOLD 3H

HERE TAG end of wall 12 at 12h

Start again et Have fun !

TAG : dance Section I, counts 1 - 4

For ending on 12h

At 3h, after Section I : 1/4T to L (weight on RF) & L Stomp side to Left

Notes : - RF / LF or R - L = abbreviations of Right Foot / Left Foot or Right – Left - FWD = FORWARD

Last Update - 1 Sept 2022