

45 Degrees

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Ria Vos (NL) - October 2021
音乐: 45 Fahrenheit Girl - Drew Sycamore



Intro: 36 (4+32) Counts, on the word "took..." (18sec)

Skate R, Skate L, Shuffle Fwd, Rock Fwd, Shuffle ½ Turn L

1-2 Skate Fwd on R to R Diagonal, Skate Fwd on L to L Diagonal
3&4 Shuffle Fwd Stepping R-L-R
5-6 Rock Fwd on L, Recover on R
7&8 Shuffle ½ Turn L Stepping L-R-L (6:00)

¼ L Chasse, Rock Back, Side, Touch, Kick-Ball-Cross

1&2 ¼ Turn L Step R to R Side, Step L Next to R, Step R to R Side (3:00)
3-4 Rock Back on L, Recover on R
5-6 Step L to L Side, Touch R Next to L
7&8 Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R

Side Rock, Chasse ¼ Turn R, Step Pivot ½ Turn R, Shuffle Fwd

1-2 Rock R to R Side, Recover on L (Sway Hips)
3&4 Step R to R Side, Step L Next to R, ¼ Turn R Step Fwd on R (6:00)
5-6 Step Fwd on L, Pivot ½ Turn R (12:00)
7&8 Shuffle Fwd Stepping L-R-L

½ L, ¼ L, Cross Shuffle, Side Rock, Coaster Cross

1-2 ½ Turn L Step Back on R, ¼ Turn L Step L to L Side (3:00)
3&4 Cross R Over L, Step L to L Side, Cross R Over L
5-6 Rock L to L Side, Recover on R
7&8 Step Back on L, Step R Next to L, Cross L Over R

No Tags No Restarts