

Jerome, Jerome

拍数: 112

墙数: 1

级数: Phrased Intermediate Rolling 8 /
waltz



编舞者: Géraldine Beluche (FR) - October 2021

音乐: Jerome - Lizzo

Sequence : AAB AAB AAB

Intro : 16 count

Part A - Rolling 8

[1-8] Side rock, Behind side cross rock, Back x2, Rock step, Spiral turn, Step sweep, Cross, Side, Arms

- 1-2 Rock L on L side with arm mouvement (1), recover on R (2) (12:00)
ea3 Cross L behind R (e), step R on R side (a), 1/8 turn R cross rock L over R (3) (10:30)
4ea5 Recover on R (4), step L back (e), step R back (a), Rock L back with arm movement (5)
6ea7 Recover on R (6), Spiral turn : step L forward (e), full turn R keepin Weight on L (a), step R forward with sweep L (7)
8ea 1/8 turn R cross L over R (8), step R on R side with arms mouvement (e), arms movement (a) (3:00)

[9-16] Sway x3, Vine 1/8 turn, Cross rock, Back x2, Rock step, Full turn + 1/8 turn

- 1-2-3 Sway L (1), sway R (2), sway L (3)
4ea Vine on R side : step R on R side (4), cross L behind R (e), 1/8 turn R step R on R side (a) (4:30)
5-6ea Cross rock L over R (5), recover on R (6), back L (e), back R (a)
7-8ea Rock L back (7), recover on R (8), full turn + 1/8 turn R : 1/2 turn R step L back (e), 1/2 + 1/8 turn R step R forward (a) (6:00)

Part B - Waltz

[1-12] Basic forward, Basic backward, Basic forward 1/2 turn, Basic backward

- 1-2-3 Step L forward (1), step R next to L (2), step L next to R (3) (12:00)
4-5-6 Step R back (4), step L next to R (5), step R next to L (6)
1-2-3 Step L forward (1), 1/2 turn L step R next to L (2), step L next to R (3) (6:00)
4-5-6 Step R back (4), step L next to R (5), step R next to L (6)

[13-24] Walk x2, Twinkle, Twinkle 1/2 + 1/8 turn

- 1-2-3 Step L forward (1), slide R next to L (2), hold (3)
4-5-6 Step R forward (4), slide L next to R (5), hold (6)
1-2-3 Twinkle L : Cross L over R (1), step R on R side (2), step L on L side (3)
4-5-6 Twinkle R 1/2 + 1/8 turn R : Cross R over L (4), 1/4 turn R step L back (5), 1/4 + 1/8 turn R step R on R side (6) (1:30)

[25-36] Step, Slow kick, Back, Slide, Basic forward 1/2 turn, Basic backward 1/2 turn

- 1-2-3 Step L forward (1), slow kick R forward (2), hold (3)
4-5-6 Step R back (4), slide L next to R (5), hold (6)
1-2-3 Step L forward (1), 1/2 turn L step R next to L (2), step L next to R (3) (7:30)
4-5-6 Step R back (4), 1/2 turn L step L next to R (5), step R next to L (6) (1:30)

[37-48] Step sweep, Jazz box 1/8 turn, Weave, Sway

- 1-2-3 Step L forward (1), Sweep R back to front (2), hold (3)
4-5-6 Jazz box : cross R over L (4), 1/8 turn R step L back (5), step R on R side (6) (3:00)
1-2-3 Cross L over R (1), step R to R side (2), cross L behind R (3)
4-5-6 Step R to R side (4), sway R (5), hold (6)

[49-60] Sway x2, Slide, 1/4 turn, Walk x2

- 1-2-3 Sway L on 3 count
- 4-5-6 Sway R on 3 count with slide L next to R
- 1-2-3 1/4 turn L step L forward (1), slide R next to L (2), hold (3) (12:00)
- 4-5-6 Step R forward (4), slide L next to R (5), hold (6)

[61-72] Twinkle, Twinkle 1/2 turn, 1/2 turn, Step backward, Sweep, Twinkle back

- 1-2-3 Twinkle L : Cross L over R (1), step R on R side (2), step L on L side (3)
- 4-5-6 Twinkle R 1/2 + 1/8 turn R : Cross R over L (4), 1/4 turn R step L back (5), 1/4 + 1/8 turn R step R on R side (6) (7:30)
- 1-2-3 3/8 turn R step L back (1), sweep R front to back (2), hold (3) (12:00)
- 4-5-6 Twinkle R back : Cross R behind L (4), step L to L side (5), step R to R side (6)

[73-84] Twinkle back, Side x2, Touch, 1/4 turn, Step, Hold, Full turn, Sweep

- 1-2-3 Twinkle L back : cross L behind R (1), step R to R side (2), step L to L side (3)
- 4-5-6 Step R to R side (4), step L to L side (5), touch R next to L (6)
- 1-2-3 1/4 turn R step R forward (1), hold (2), 1/2 turn R step L back (3) (9:00)
- 4-5-6 1/2 + 1/8 turn R step R forward (4), sweep L back to front (5), hold (6) (1:30)

[85-96] Lunge, Spiral turn, Cross rock, Weave

- 1-2-3 Step L forward with lunge on 3 count keeping Weight on L
 - 4-5-6 Spiral turn : 1/2 turn R step R forward (4), 1/2 turn R keeping Weight on R (5-6) (12:00)
 - 1-2-3 Cross rock L over R (1), recover on R (2), step L to L side (3)
 - 4-5-6 Cross R over L (4), step L to L side (5), cross R behind L (6)
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