Nos Sourires

拍数: 32

级数: Improver / Intermediate

编舞者: Angéline Fourmage (FR) - 20 November 2021

音乐: Ils sont beaux nos sourires - Francis Lalanne

Start : 16 Counts (On the lyrics) - No Tag - No Restart

[1-8] R Basic Night-Club, L Basic Night-Club, Weave

- 1-2& RF to the R side, Cross LF behind RF, Cross RF over LF
- 3-4& LF to the L side, Cross RF behind LF, Cross LF over RF
- 5-6& RF to the R side with L Sweep from front to the back, Cross LF behind RF, RF to the R side
- 7-8& Cross LF over RF with R Sweep from back to the front, Cross RF over LF, LF to the L side

[9-16] Rock-Step, Step Turn 1/2 L, 1/2 L, Sweep, Back, Sweep, Back, Sweep, Coaster-Step

- 1-2 RF Back, Recover to LF
- 3&4 RF FW, Pivot ½ L, ½ L with RF Back with L Sweep from front to the back
- 5-6 LF Back with R Sweep from front to the back, RF Back with L Sweep from front to the back,
- 7&8 LF Back, RF next to LF, LF FW

[17-24] Walk, Walk, Step-Turn ¼ L, Cross, ¼ R, ¼ R, Cross, Rock-Step, ¼ L

- 1-2 RF FW, LF FW
- 3&4 RF FW, Pivot ¼ L, Cross RF over LF
- 5&6 Make ¼ R with LF Back, Make ¼ R with RF to the R side, Cross LF over RF
- 7-8 RF to the R side, Recover to LF with ¼ L

[25-32] 1/2 L, 1/4 L, Cross, Sway, Sway, Sway, 1/4 R, 1/2 R, 1/2 R, Step FW

- 1&2 Make 1/2 L with RF Back, Make 1/4 L with LF to the L side, Cross RF over LF
- 3-4 LF to the L side with Sway, R Sway
- 5-6 L Sway, Make ¼ R with RF FW
- 7&8 Make ½ R with LF Back, Make ½ R with RF FW, LF FW

Smile et enjoy the dance

Contact : maellynedance@gmail.com





墙数: 2