

Sir Duke

拍数: 32 墙数: 4 级数: Intermediate
编舞者: YoungSoon Song (KOR) - January 2022
音乐: Sir Duke - Stevie Wonder



Restart: After 16 counts at wall 2 & 6

S1: WALK, WALK, ANCHOR STEP, COASTER STEP, HOLD, BALL, FORWARD

1-2 RF Walk Forward(1), LF Walk Forward(2)
3&4 Close Behind LF Weight on RF(3), Weight Change with LF(&), Weight Change with RF(4)
5&6 LF Step Back(5), RF Together(&), LF Step Forward(6)
7&8 Hold(7), RF Ball Together(&), LF Step Forward(8)

S2: SYNCOPATION JAZZ BOX, HEEL SWIVEL L, HOLD, BALL, FORWARD, 1/4 TURN L HEEL SWIVEL R, HEEL SWIVEL L, R, L

1-2& RF Cross Over(1), LF Step Back(2), RF Side(&)
3&4 LF Step Forward(3), BF Heel Swivel L(&), BF Recover Heel Swivel Weight on RF(4)
5&6 Hold(5), LF Ball Together(&), RF Step Forward(6)
7&8& 1/4 Turn L BF Heel Swivel R(7), BF Heel Swivel L(&), BF Heel Swivel R(8), BF Heel Swivel L(&)

S3: HOLD, BALL, CROSS, SIDE ROCK and FAN TURN R, L, OUT, OUT, IN, IN

1&2 Hold (1), RF Ball Together(&), LF Cross Over(2)
3-4 RF Rock R and LF Heel Fan Turn L(3), BF Recover to the center(4)
5-6 LF Rock L and RF Heel Fan Turn R(5), BF Recover to the center(6)
&7&8 RF Out(&), LF Out(7), RF In(&), LF In(8)

S4: OUT, OUT, KNEE INSIDE X3, CROSS and KICK L, CROSS, HEEL KICK, HOOK, HEEL KICK, FLICK, HEEL KICK, HOOK

&1-2 RF Out(&), LF Out(1), Inside Right Knee(2)
&3-4 Inside Left Knee(&), Inside Right Knee(3), RF Cross Over to the center and LF Kick Left side
5-6& LF Cross Over(5), RF Heel Forward Kick(6), RF Hook(&)
7&8& RF Heel Forward Kick(7), RF Flick R(&), RF Heel Forward Kick(8), RF Hook(&)

*Instead of Heel Forward Kick, you can do 'Heel Touch Forward'. For weight safety □

Have fun!

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