About Damn Time



拍数: 16 墙数: 4 级数: Absolute Beginner

编舞者: Candace Jajo-Burns (USA) - August 2022

音乐: About Damn Time - Lizzo



Intro - 16 counts

S1: 2 Step Touches, Shuffle forward, Shuffle 1/4 turn to L

Step RF to R, touch LF next to RF 3-4 Step LF to L, touch RF next to LF

5-6 Shuffle forward (R, L, R)

7-8 Shuffle ¼ turn over L shoulder (L,R,L)

S2: Cross rock, recover, step, Cross rock, recover, step, 2 stomps, 3 claps

1&2 Rock RF across LF, recover on L, step RF next to LF 3&4 Rock LF across RF, recover on R, step LF next to RF

5-6 Stomp RF, stomp LF 7&8 Clap, clap, clap

ENJOY! Add your own personality to this dance! Plus, it's a Lizzo song, fun and personality are almost required. \square

YouTube: @PHXDance Facebook: PHX Dance

Instagram: @phxlivedance