

Optimis

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Fonna Queentarina (INA) - October 2022
音乐: Optimis - Atiek CB



No Tag No Restart

S1 GRAPVINE R, ROCKING CHAIR

1 – 2 Side R to side, Cross L behind R forward
3 – 4 Side R to side, Touch L beside R
5 – 6 Rock L forward, Recover on R
7 – 8 Rock back on L, Recover on R

S2 GRAPEVINE L, ROCKING CHAIR

1 – 2 Side L to side, Cross R behind L forward
3 – 4 Side L to side, Touch R beside L
5 – 6 Rock R forward, Recover on L
7 – 8 Rock back on R, Recover on L

S3 SIDE ROCK L, SIDE ROCK R

1 – 2 Side R to side, Cross L behind R
3 – 4 Side L to side, Cross R behind L
5 – 6 Side L to side, Cross R behind L
7 – 8 Side R to side, Cross L behind R

S4 MONTEREY, V – STEP

1 – 2 Touch R to side, Step R together turn $\frac{1}{4}$ R
3 – 4 Touch L to side, Step L together
5 – 6 Step R diagonal forward, Step L diagonal forward
7 – 8 Step R back to center, Step L together

S5 WALK FORWARD R,L,R, KICK L, WALK BACK L,R,L

1 – 4 Walk forward R, L, R, Kick L
5 – 8 Walk back L, R, touch R beside L

S6 SWAY, TOE STRUT R & L

1 – 2 Push hip R, L
3 – 4 Push hip R, L
5 – 6 Touch R toe, Step down R heel
7 – 8 Touch L toe, Step down L heel

S7 FORWARD ROCK, BACK SHUFFLE, BACK ROCK FORWARD SHUFFLE

1 – 2 R Rock forward, Recover on L
3 & 4 Back Shuffle on R, L, R
5 – 6 L Rock back, Recover on R
7 & 8 Forward shuffle on L, R, L

S8 JAZ BOX $\frac{1}{4}$ 2X

1 – 4 Step R cross over R, L back R $\frac{1}{4}$ turn R, L forward
5 – 8 Step L cross over L, R back L $\frac{1}{4}$, Turn L, R forward

ENJOY THE DANCE.....

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