

Hypnosis

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Anthony Maxence (FR) - December 2022
音乐: Hypnosis - Green Lads



Start: 2x8 - Restart wall 4

[1:8] L Fwd, L Heels Twist, L Coaster Step , Heel Switches RLR, R Hook, R Heel

1&2 Touch L fwd (1), Swivel both heels to the L(&) and Recover (2) (Weight on L)
3&4 L Bwd (3), Step R next to L(&), Step L fwd(4)
5&6&7 Tap R Heel fwd (5), Together(&), Tap L Heel fwd (6), Together(&), Tap R Heel (7)
&8 R Hook in front of L shin (&), Tap R Heel fwd (8)

Restart wall 4, facing 3:00

[9:16] Ball, L Side Rock , Behind Side Cross, R Side Rock, Unwind ½ turn

&1-2 Together(&), L Side Rock on the L(1), Recover (2) (Weight on R)
3&4 Cross L behind R(3), Right on Right side(&), Cross L over R(4)
5-6 R Side Rock on the R (5), Recover (6)
7-8 Cross R Behind L(7), Unwind ½ turn R (8) (Weight on R)

[17:24] L Slide , Drag R, Kick R, Ball Cross L, Side, Behind, ¼ turn Shuffle Fwd

1-2 Slide Left foot on L(1) and Drag Right Foot(2)
3&4 R Kick to R diagonal (3), Together(&), L cross over R(4)
5-6 Right on R side(5), Cross L behind R(6)
7&8 ¼ Turn to R Triple forward (R(7)L(&)R(8))

[25-32] L ½ Turn, Triple 1/2 Turn, R Coaster Step, L & R Walk

1-2 L fwd(1), Turn ½ t to R, Recover (2) (Weight on R)
3&4 Triple ½ t to R (L(3), R(&), L(4))
5&6 R bwd (5), L next to R(&), R fwd(6)
7-8 Step L fwd(7), Step R fwd(8)

[33:40] L Fwd, Touch R Back , Shuffle Back RLR, L Coaster Step, R Fwd, L Touch Back

1-2 Step L fwd(1), Tap R Toes behind Left Foot (2) (Weight on L)
3&4 R Triple Step bwd, (R(3)L(&)R(4))
5&6 L Bwd L(5), R next to L(&), L fwd(6)
7-8 R fwd(7), Tap L Toes behind Right Foot(8) (Weight on R)

[41:48] Shuffle Bwd LRL, R Coaster Step, Step ½ Turn twice

1&2 R Triple Step bwd, (L(1)R(&)L(2))
3&4 R Bwd (3), L next to R(&), R fwd(4)
5678 L fwd (5), ½ to the R(6), (Weight on R) x2 (7) (8) end facing 9:00

[49:56] L Slide, R Kick, Behind Side Cross, Touch and Heel, And Touch and Heel

1-2 L Slide(1), R Kick to R diagonal (2)
3&4 R cross behind L(3), L on L side(&), R cross over L(4)
5&6 Tap L Toes Behind Right foot(5), L Ball (&), R heel fwd(6),
&7&8 R recover(&), Tap L Toes Behind R(7), L Ball(&), R heel fwd(8)

[57-64] And L Side Rock, Behind Side Cross, Out Out In Touch

&1-2 R Recover(&), L Side Rock on the L(1), Recover (2) (Weight on R)
3&4 Cross L behind R(3), R on R side(&), Cross L over R(4)
5-6 R fwd towards R diagonal(out - 5), L fwd towards L diagonal(out - 6)

7-8 R bwd (in - 7), Touch L next to R(8) (Weight on R)

Last Update - 10 Dec 2022
