

Countdown

拍数: 32 墙数: 4 级数: Improver
编舞者: Abby Cahill (USA) - November 2022
音乐: Turn Around (5,4,3,2,1) - Flo Rida



DANCE BEGINS 32 COUNTS AFTER MUSIC STARTS... AFTER THE WORDS, "LET'S GO"

[1-8] WIZARD STEPS, ROCK RECOVER, ¾ TURN TRIPLE STEP 12:00

1,2 & Step forward R at an angle, Step/Slide L foot behind the right, Step R forward.
3,4 & Step forward L at an angle, Step/Slide R foot behind the right, Step L forward.
5, 6 Rock forward R, Recover on L.
7 & 8 Step [in place] R making a ¾ turn over R shoulder

[9-16] STEP & CLAP, STEP & CLAP, ROCK RECOVER ½ TURN TRIPLE STEP 9:00

1, 2 Step forward L, Clap.
3, 4 Step forward R, Clap.
5, 6 Rock forward on L, recover on R.
7 & 8 Step L back, Step R to L while making a ½ turn over L shoulder, Step L forward.

[17-24] KICK BALL CHANGE x2, ¼ TURN W/ HIP BUMP, ½ TURN W/ HIP BUMP 3:00

1 & 2 Kick R foot forward, Step down on R, Step L foot down in place next to R
3 & 4 Kick R foot forward, Step down on R, Step L foot down in place next to R
5 & 6 Turn ¼ left and step right to side and bump hips right, left, right (weight to right)
7 & 8 Turn ½ left and step left to side and bump hips left, right, left (weight to left)

TAG/RESTART: Wall 10 (starting at 9:00) / 24 counts in after hip bumps. Will face 3:00 wall - 4 count tag.

TAG [1-4]

1, 2 Step R, step L
3, 4 Drop / body roll / hip bumps / spin, etc.

[25-32] SIDE, BEHIND, QUARTER TURN, ½ TURN PIVOT, ½ TURN, STEP, LEFT COASTER

1, 2 Step R foot out to the R, Step L foot down behind the R foot
& 3, 4 ¼ turn R stepping RF forward, step forward on LF, making ½ turn pivot (ending weight on right)
5, 6 Step fwd on L making ½ turn R, step RF back (taking weight on R)
7 & 8 Step back on L, close R next to LF, step forward on LF 9:00

Add your own styling, there is a lot of room for it!

Last Update: 10 Mar 2023