

AB Rely on Me

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Ultra Beginner
编舞者: Martine Canonne (FR) - November 2022
音乐: Rely On Me - Sigala, Gabry Ponte & Alex Gaudino : (iTunes)



Start : 8 counts. – No Tag No Restart

[1 – 8] VINE R & TOUCH, SIDE L, FLICK BACK, SIDE R, KICK L

- 1 – 4 Step RF to right side, cross LF behind RF, step RF to right side, touch LF next to RF
- 5 – 6 Step LF to left side, flick RF behind leg left
- 7 – 8 Step RF to right side, kick LF cross over right

[9 – 16] VINE ¼ L & BRUSH, V STEP

- 1 – 4 Step LF to left side, cross RF behind LF, turn ¼ left stepping LF forward, brush RF (09 :00)
- 5 – 6 Step RF diagonally right forward, step LF to left side
- 7 – 8 Step RF behind in the center, step LF next to RF

[17 – 24] [STEP R FWD, TOUCH L, ¼ TURN SIDE L, TOUCH R] X2 w/SHIMMIY

- 1 – 2 Step RF forward, touch LF next to RF
- 3 – 4 Turn ¼ left stepping LF to left side, toucher RF next to LF (06 :00)
- 5 – 8 Repeat counts 1 – 4 (03 :00)

Suggestion : Counts 1 to 8, for the fun, make « shimmy » on each count

[25 – 32] WALKS RF-LF-RF FWD, TOGETHER, TWISTS R-L-R-CENTER

- 1 – 4 Step RF – LF – RF forward, step LF next to RF
- 5 – 6 Twist heels to the right, twist heels to the left
- 7 – 8 Twist heels to the right, twist heels to the center

FINAL : Wall 11, count 32, twist heels with turn ¼ right to finish facing 12 :00

<http://danseavecmartineherve.fr/>