

The Numb

拍数: 64
编舞者: Pep Morro (ES) - March 2023
音乐: Numb - Marshmello & Khalid

墙数: 1

级数: Phrased Improver



No tags, No restarts
Sequence: AAB AAB AAA

PART A

[1- 8]: Jazz box modified whit scuff x2

- 1 - RF cross Over LF
- 2 - HOLD
- & - LF step back
- 3 - RF step right
- 4 - LF scuff
- 5 - LF cross over RF
- 6 - HOLD
- & - RF step back
- 7 - LF step Left
- 8 - RF Scuff

[9-16]: jazz box modified with step fwd, lockstep fwd

- 1 - RF cross over LF
- 2 - HOLD
- & - LF step back
- 3 - RF step right
- 4 - LF step fwd
- 5 - RF step Fwd
- 6 - HOLD
- 7 - LF step fwd
- & - RF cross back
- 8 - LF step fwd

[17-24]: out out, elvis knees, Left slide, Cross step turn

- & - RF step right
- 1 - LF step Left
- 2 - HOLD
- 3 - Right knee bump inside
- 4 - Left knee bump inside
- 5 - LF slide
- 6 - HOLD
- 7 - RF Cross over the LF
- 8 - turn $\frac{3}{4}$ to the Left

[25-32]: slide, Rock back, shoulders pops x3, jump on Left

- 1 - turn $\frac{1}{4}$ & slide to Right
- 2 - HOLD
- & - LF Rock back
- 3 - recover
- 4 - LF in place
- 5 - Right shoulder bump to Right
- 6 - Left shoulder bump to Left

- 7 - Right shoulder bump to Right
- 8 - Jump in place on your LF

Part B

[1-8]: Weave, Rock fwd, chasse right *

- 1 - RF cross over lf
- 2 - LF step Left
- 3 - RF cross back lf
- 4 - LF step Left
- 5 - RF Rock fwd
- 6 - Recover
- 7 - RF step right
- & - together
- 8 - RF step right

[9-16]: Weave, step turn, sweep fwd

- 1 - LF cross over rf
- 2 - RF step right
- 3 - LF cross back rf
- 4 - RF step right
- 5 - LF cross over rf
- 6 - turn to right (6:00)
- 7 - LF step fwd
- 8 - RF sweep fwd

[17-24]: Weave, Rock fwd, chasse right*

- 1 - RF cross over lf
- 2 - LF step Left
- 3 - RF cross back lf
- 4 - LF step Left
- 5 - RF Rock fwd
- 6 - Recover
- 7 - RF step right
- & - together
- 8 - RF step right

[25-32]: Weave, step turn, sweep fwd

- 1 - LF cross over rf
- 2 - RF step right
- 3 - LF cross back rf
- 4 - RF step right
- 5 - LF cross over rf
- 6 - turn to right (12:00)
- 7 - LF step fwd
- 8 - RF sweep fwd

In part B2 replace chasse right, for slide to right
