

Electric

拍数: 96 墙数: 2 级数: Phrased Easy Intermediate
编舞者: Debbie Rushton (UK) & Romain Brasme (FR) - May 2023
音乐: Electric - Leftrightcenter



Sequence: A - B - C - A - B - C - B - C - C

PART A

[1-8] WALK - WALK - KNEE BEND - TOUCH - 1/4 TURN - KNEE BEND

- 1-2 RF walk forward (1), LF walk forward (2) 12:00
3-4 Bend your knees down (3), stretch your legs (4)
5-6 RF touch next to LF (5), 1/4 turn R (6) 03:00
7-8 Bend your knees down (7), stretch your legs (8)

[9-16] KICK BALL STEP x2 - RF STEP FORWARD - 1/2 TURN L - FULL TURN L

- 1&2 RF kick forward (1), RF next to LF (&), LF step forward (2)
3&4 RF kick forward (3), RF next to LF (&), LF step forward (4)
5-6 RF step forward (5), 1/2 turn L (6) 09:00
7-8 RF step behind with 1/2 turn L (7), LF step forward with 1/2 turn L (8) 09:00

[17-24] STEP & HIPS MOVEMENT - WEAWE W/ 1/4 TURN L - LF STEP W/ BODYROLL x2

- 1-2 RF step forward and roll your hips down from R to L (1-2)
3&4 RF cross behind LF with 1/4 turn L (3), LF step to the side (&), RF cross over LF (4) 06:00
5-6 LF step to L side with body roll (6), RF next to LF (6)
7-8 LF step to L side with body roll (7), RF touch next to LF (8)

[25-32] ROLLING VINE R - CROSS - OUT - OUT - IN - CROSS

- 1-2 RF step forward with 1/4 turn R (1), LF step behind with 1/2 turn R (2)
3-4 RF step to the side with 1/4 turn R (3), LF cross over RF (4) 06:00
5-6 OUT on your toes R (5), OUT on your toes L (6)
7-8 RF back center (7), LF cross over RF (8)

PART B

[1-8] LONG STEP SLIDE R - ROCKSTEP - LONG STEP SLIDE L - ROCKSTEP

- 1-2 RF step to R side and slide LF (1-2)
***add arms movements : R arm up diagonale R, L arm down diagonale L**
3-4 LF step behind RF (3), recover on R (4)
5-6 LF step to L side and slide RF (5-6)
***add arms movements : L arm up diagonale L, R arm down diagonale R**
7-8 RF step behind LF (3), recover on L (4)

[9-16] MONTEREY TURNS - STEP - HITCH - STEP - HITCH

- 1-2 RF touch R side (1), 1/2 turn R with RF next to LF (2) 12:00
3-4 LF touch L side (3), LF next to RF (4)
5-6 RF step to R side (5), LF hitch with shimmy (6)
7-8 LF step to L side (7), RF hitch with shimmy (8)

[17-24] LONG STEP SLIDE R - ROCKSTEP - LONG STEP SLIDE L - ROCKSTEP

- 1-2 RF step to R side and slide LF (1-2)
***add arms movements : R arm up diagonale R, L arm down diagonale L**
3-4 LF step behind RF (3), recover on R (4)
5-6 LF step to L side and slide RF (5-6)
***add arms movements : L arm up diagonale L, R arm down diagonale R**

7-8 RF step behind LF (3), recover on L (4)

[25-32] MONTEREY TURNS - FULL TURN - TOUCH

1-2 RF touch R side (1), 1/2 turn R with RF next to LF (2) 06:00

3-4 LF touch L side (3), LF next to RF (4)

5-8 Full turn L : LF step (5), RF step (&), LF step (6), RF step (&), LF step (7), RF touch next to LF (8)

PART C

[1-8] VINE - TOUCH - VINE - TOUCH

1-2 RF step to R side (1), LF cross behind RF (2)

3-4 RF step to R side (3), LF touch next to RF and clap (4)

5-6 LF step to L side (5), RF cross behind LF (6)

7-8 LF step to L side (7), RF touch next to LF and clap (8)

[9-16] WALK BEHIND R, L, R - TOUCH - STEP - TOUCH - STEP - TOUCH

1-2 RF step behind (1), LF step behind (2)

3-4 RF step behind (3), LF touch next to RF (4)

5-6 LF step forward (5), RF touch next to LF (6)

7-8 RF step behind (7), LF touch next to RF (8)

[17-24] JUMP - HOLD - SWAY R,L,R,L

1-4 Jump (1) by opening your feet with 1/4 turn L and strike a pose 03:00

5-8 Sway R (5), L (6), R (7), L (8) with bending your knees down

[25-32] ROCKING CHAIR - RF TOUCH TO R SIDE W/ 1/4 TURN L x3 - TOUCH

1-2 RF rockstep forward : RF step forward (1), recover on LF (2)

3-4 RF rockstep backward : RF step backward (3), recover on LF (4)

5-6 RF touch to R side with 1/4 turn L (5), RF touch to R side with 1/4 turn L (6)

7-8 RF touch to R side with 1/4 turn L (7), RF touch next to LF (8) 06:00

Have fun and be electric,

X

Debbie & Romain
