

Watch Me Dance!

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Lieren King (USA) - July 2023
音乐: Dance The Night - Dua Lipa



Two 10 count tags Middle of Wall 2 & Beginning of 5
One 4 count tag Wall 4
Song - Dance the Night by Dua Lipa

Improver Version

[1-8]: Walk, Walk, Slide, Flick, 1/4 Walk, Walk, Triple Step

1, 2 Walk forward RF, Walk forward LF
3, 4 RF steps to R side, LF slides to RF and then flicks behind RF
5, 6 1/4 turn over left shoulder with LF walking forward, Walk forward RF
7 & 8 Triple step forward with LF, RF, then LF

[9-16]: Side Rock Recover Cross, Mambo Touch, Two Heel Switches Back, 2 Hip Shakes

1 & 2 RF rocks to R side, LF steps in place, RF crosses in front of LF
3 & 4 LF steps forward into a Mambo, RF steps in place, LF touches next to RF
& 5 & 6 (Traveling Back) LF steps back, R heel touches out in front, RF steps back, L heel touches out in front
& 7 & 8 LF steps next to RF, R toe touches next to LF, Two hip shakes keeping weight on LF
(Substitute two claps if you don't want to do the hip shakes)

(First 10 Count tag happens here on Wall 2)

[17-24]: Two walks, 1/2 pivot turn into syncopated lock step, Mambo forward

1, 2 Walk forward on RF, walk forward on LF
3 & 4 RF steps forward with 1/2 pivot turn over L shoulder ending with weight on LF, RF steps forward
5 & 6 Hold count 5, Lock LF behind RF, RF steps forward
7 & 8 Mambo with LF forward, RF steps in place, LF steps back

[25-32]: Mambo back, 1/2 Pivot into Triple Step Forward, Two Point Switches, Body Roll

1 & 2 Mambo back with RF stepping back, LF steps in place, RF steps forward
& 3 & 4 1/2 Pivot over L shoulder on the "And", triple forward with LF stepping forward, RF steps next to LF, LF steps forward
5 & 6 Point RF to R side, Step RF next to LF, Point LF to L side
7, 8 Body roll to L ending with weight on LF

TAG: 10 Count Tag: Body Roll R, Body Roll L, Mambo Right Cross, Mambo Left, Full Turn (Tags happen half way through wall 2 and at the beginning of wall 5)

1 2 RF steps to R side with a body roll
3 4 LF steps to L side with a body roll
5 & 6 RF steps to R side, LF steps in place, RF crosses over L
7 & 8 LF steps to L side, RF steps in place, LF crosses over R
9, 10 RF steps to R side, Full turn over L shoulder ending with weight on LF

TAG: 4 Count Tag: Mambo Right, Mambo Left (Tag happens beginning of wall 4)

1 & 2 RF steps to R side, LF steps in place, RF crosses over L
3 & 4 LF steps to L side, RF steps in place, LF crosses over R

Intermediate Version

[1-8]: Triple Lock, Cross Slide Flick, Full Turn and 1/4, Triple Step

- 1 & 2 RF forward, LF locks behind, RF forward
- & 3 LF crosses in front, RF steps to the side
- 4 LF Flicks behind R
- 5, 6 Full turn and 1/4 over L shoulder with Two steps, LF then RF
- 7 & 8 Triple Step Forward (OR with a full turn)

[9-16]: Side Rock Recover Cross, Mambo Touch, Two Heel Switches Back, 2 Hip Shakes

- 1 & 2 RF rocks to R side, LF steps in place, RF crosses in front of LF
- 3 & 4 LF steps forward into a Mambo, RF steps in place, LF touches next to RF (This could be a pivot turn over R shoulder instead of forward mambo)
- & 5 & 6 (Traveling Back) LF steps back, R heel touches out in front, RF steps back, L heel touches out in front
- & 7 & 8 LF steps next to RF, R toe touches next to LF, Two hip shakes keeping weight on LF

(TAG: First 10 Count tag happens here on Wall 2)

[17-24]: Two walks, 1/2 pivot turn into syncopated lock step, Mambo forward

- 1, 2 Walk forward on RF, walk forward on LF
- 3 & 4 RF steps forward with 1/2 pivot turn over L shoulder ending with weight on LF, RF steps forward
- 5 & 6 Hold count 5, Lock LF behind RF, RF steps forward
- 7 & 8 Mambo with LF forward, RF steps in place, LF steps back

[25-32]: Mambo back, 1/2 Pivot into Triple Step Forward, Two Point Switches, Body Roll (Or Full Spin)

- 1 & 2 Mambo back with RF stepping back, LF steps in place, RF steps forward
 - & 3 & 4 1/2 Pivot over L shoulder on the "And", triple forward with LF stepping forward, RF steps next to LF, LF steps forward (Triple step could be a turn over L shoulder)
 - 5 & 6 Point RF to R side, Step RF next to LF, Point LF to L side
 - 7, 8 Body roll to L ending with weight on LF (OR full spin around over L shoulder having pushed off of RF)
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