

Dis Moi Tout

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Laure-Anne VITELLI (FR) - 28 July 2023
音乐: Dis Moi Tout - Ridsa : (Album: Equateur - iTunes)



Intro 16 Counts

[1-8] WALK R-L-R-L, DOUBLE HIP BUMP R & L

1-2-3-4 Step RF Fwd (1), Step LF Fwd (2), Step RF Fwd (3), Step LF Fwd (4), 12:00
5 & 6 Step RF to R side with 2 hip bump R to the R (5 & 6) (BWR),
7 & 8 Recover en BWL and 2 hip bump L to the L (7 & 8) (BWL),

[9-16] 1/2 STEP TURN L, SIDE ROCK R, RECOVER, JAZZ BOX R

1-2 Step RF Fwd (1), Pivot 1/2 T to the L (2) (BWL), 6:00
3-4 Rock step R to R side (3), Recover BW on L with step LF on the L side (4),
5-6-7 Cross RF over LF (5), LF Step back (6), Step RF to R side (7),
8 Step LF Fwd (8)

Restarts After 16 counts : Wall 2 (facing 3:00), Restart the dance facing 9:00

Wall 6 (facing 6:00), Restart the dance facing 12:00

[17-24] 1/8 T R STEP R FWD, TOGETHER, STEP R FWD, TOUCH, 1/8 T L STEP SIDE L, TOGETHER, 1/4 T L STEP L FWD, BRUSH R

1-2 Make 1/8 T R step RF in the R front diagonal (1), Assemble LF beside RF (2), Step RF in
7:30
3-4 the R front diagonal (3), Touch point LF beside RF (4),
5-6 Make 1/8 T L step LF to L side (5), Assemble RF beside LF (6) 6:00
7-8 Make 1/4 T L step LF Fwd (7), Brush RF on the floor (8), 3:00

[25-32] V-STEP (African style), DOUBLE CROSS HEEL GRIND R

1 Step RF in the R front diagonal « OUT » by rolling the R hip to R (1),
2 Step LF in the L front diagonal « OUT » by rolling the L hip to L (2),
3-4 Step RF back to center (3), Step LF back to center beside RF (4) (BWL),
5 Make 1/8 T L cross RF over LF on heel (Toe RF to the L) (5), 1:30
6 Pivot on the R heel making 1/8 T R (Toe RF to the R) step LF to the L side(6), 3:00
7 Make 1/8 T L cross RF over LF on heel (Toe RF to the L) (7), 1:30
8 Pivot on the R heel making 1/8 T R (Toe RF to the R) step LF to the L side (8)(BWL) 3:00

Easy option:

On counts 5/6/7/8 replace les Heels Grind with Cross : Cross RF over LF (5),
Step LF to the L side (6), Cross RF over LF (7), Step LF to the L side (8)

Final At the end of the dance, facing 3:00, make ¼ Turn L to finish facing 12:00

Source: This card is the original. If you have any questions do not hesitate to contact me: Laure-Anne VITELLI : linedancestory.83@gmail.com – laureannevitelli.83@gmail.com

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