

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Penny Tan (MY) - October 2023
音乐: Upset (feat. Chimney Records) - Shenseea



Intro: 16C - *No Tag / No Restart

SEC1: CAMEL WALK FWD , MAMBO R-L

1-4 Step RF fwd (slide LF beside LF) ,step LF fwd(Slide RF beside LF), Step RF fwd (slide LF beside LF) ,step LF fwd(Slide RF beside LF)

(*Optional:You can just walk fwd R-L-R -L intead of camel walk)

5&6 Step RF to R ,recover on L,step RF next to LF

7&8 Step LF to L,recover on R,step LF next to RF

SEC2::SIDE ROCK , RECOVER ,TOGETHER R-L , HEEL SWITCH R-L , FWD, ¼ TURN L

1-2& ROCK RF to R side ,recover on L ,step RF next to LF

3-4& Rock LF to L side ,recover on R . step LF next to RF

5&6& Touch R heel fwd , step RF next to LF , touch L heel fwd ,step LF next to RF

7-8 Step RF fwd , ¼ turn L , step LF on L (9:00)

SEC3:CROSS SHUFFLE , SYNCOPATED CROSS ROCKING CHAIR,FWD , ½ TURN R , HOOK , FWD SHUFFLE

1&2 Cross RF over LF ,step LF to L ,cross RF over LF

3&4& Step LF fwd ,recover on R , step LF back , recover on R

5-6 Step LF fwd , ½ turn R with hook RF in front LF (3:00)

7&8 Fwd shuffle R-L-R (weight on R)

SEC4:WALK FWD WITH SHIMMING , FWD ROCK , RECOVER , ½ TURN L , FWD SHUFFLE

1-4 Walk fwd L-R-L-R with shimming

5-6 Step LF fwd , recover on R

7&8 ¼ turn L ,step LF to L , step RF next to LF , ¼ turn L , step LF fwd (9:00)

Have fun ! Happy dancing!
