

Pick Up the Phone

拍数: 32 墙数: 4 级数: Beginner
编舞者: Moe Qureshi (USA) - November 2023
音乐: Phone (feat. Sam Tompkins & Em Beihold) - Meduza



Dance Start When Artists says the word Something

Section 1 {1-8}: Side Rock R, R crossing shuffle , Side Rock L, Behind side Forward

1-2 Rock out to the R side, Recover on L
3&4 R Crossing Shuffle (cross R over L, Step L to side, Cross R over L)
5-6 Rock L out to side, Recover on R
7&8 L being R, R to R side, L forward

Section 2{9-16}: Triple Step Forward R,L,R, Step Forward L, Pivot ½ over R shoulder, Triple Step L,R,L, R Mambo Step.

1&2 Triple Step Forward R,L,R
3-4 Step Forward on L, Pivot ½ over R shoulder
5&6 Triple Step L,R,L
7&8 Rock Forward on R, Recover on L, Step back on R

Section 3 {17-24}: Step Forward on L, Hold, Heel bounces x2 ¼ R, Hip Sways

1-2 Step Forward on L, Hold
3-4 Heel Bouce x2 while doing a ¼ turn over R shoulder
5-8 Sway hip R, Sway hip L, Sway hip R, Sway hip L weight on L

Section 4 {25-32}: Sailor Step X2, Jazz Box

1&2 Cross R behind L, step L to L side, step R to R side
3&4 Cross L behind R, Step R to R side, Step L to L side
5-8 Cross R over L, Step L back, step R to Side, Cross L over R.

Tag Happens Here on Wall 8 after 32 counts are done

Tag 4 Counts: V step

1-4 Step R to R diagonal, Step L to L diagonal, Return R to center, Step L next to R.

Lets Dance! Have Fun!

Contact Moequreshi11@gmail.com

Last Update – 15 Nov. 2023 – R2