

Put it on AB

拍数: 32 墙数: 4
编舞者: Nat Davids (SA) - February 2024
音乐: Put It on Me - Brianna Leah

级数: Absolute Beginner



Intro: 16 Counts

This dance was choreographed as a split floor dance to Put it On, Beginner dance by Rob Fowler, for my in-house socials.

Tags & Restarts - None

SECTION 1: RF toe strut, LF Toe strut. Right rocking chair.

1 2 Step ball of RF fwd (1), drop right heel down (2), taking the weight.
3 4 Step ball of LF fwd (3), drop left heel down (4), taking the weight.
5 6 Rock RF fwd (5), Recover on to LF (6).
7 8 Rock RF back (7), recover on to LF (8).

SECTION 2: Vine right, touch. Vine left, ¼ turn touch.

1-2 Step RF to right side (1), Step LF behind RF (2).
3 4 Step RF to right side (3) Touch LF next to RF (4).
5 6 Step LF to left side (5) Step RF behind LF (6).
7 8 ¼ turn left stepping LF fwd (7) Touch RF next to LF (8).

SECTION 3: Reverse Rumba box.

1 2 Step RF to right side (1) Step LF next to RF.
3 4 Step RF back (3), touch LF next to RF (4).
5 6 Step LF to left side (5) step RF next to LF (6).
7 8 Step LF fwd (7) Touch RF next to LF(8).

SECTION 4: Point together x 2 R, L. Heel together x 2 R, L.

1 2 Point RF to right side (1). Step RF next to LF (2).
3 4 Point LF to left side (3) Step LF next to RF (4).
5-6 Touch Right heel to right diagonal (5), step RF next to LF (6).
7 8 Touch left heel to left diagonal (7), step LF next to RF (8).
