

Pose!

拍数: 80 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Dustin Valcalda (USA) & Sierra Gil (USA) - April 2024
音乐: Pose - Kali J, Omg & LiTTiE



Sequence: A, B, A, B, A-, Tag, B
Intro: 16 Counts

SECTION A – 48 Counts

[1 -8] R Wizard, L Wizard, R Rock Step, Pony Back

1-2& Step RF diagonally R, Lock LF behind RF, Step RF forward (12:00)
3-4& Step LF diagonally L, Lock RF behind LF, Step LF forward (12:00)
5-6 Rock RF forward, Recover LF (12:00)
7&8 Step RF back hitching L knee, Step LF beside RF, Step RF back hitching L knee (12:00)

[9-16] ¼ Side Rock, ¼ Recover, Coaster Step, ¼ Pivot, Cross Triple Step

1-2 Turn ¼ L while rocking LF to L, Recover RF while turning ¼ L (6:00)
3&4 Step LF back, Step RF next to LF, Step LF forward (6:00)
5-6 Step RF forward, Pivot ¼ L (3:00)
7&8 Cross RF over LF, Step LF to L, Cross RF over LF (3:00)

[17-24] ¼ Pivot, Triple Step, Modified Jazz Box w/ Ball Cross, Side Step

1-2 Step LF to L side, Pivot ¼ R (6:00)
3&4 Step LF forward, Step RF next to LF, Step LF forward (6:00)
5-6& Cross RF over LF, Step LF back diagonal L, Ball RF next to LF (6:00)
7-8 Cross LF over RF, Step RF to R side (6:00)

[25-32] Sailor Step, Turning Toe Strut w/ Flick, Forward, ¼ Side, ¼ Sailor Step

1&2 Step LF behind RF, Step RF to R side, Step LF to L (6:00)
3-4 Turn ½ over R shoulder while touching R toe back, Hop onto RF and flick L foot up while turning ¼ R (3:00)
5-6 Step LF forward, Step RF forward w/ ¼ turn L (12:00)
7&8 Step LF behind RF, Step RF to R side w/ ¼ turn L, Step LF forward (9:00)

TAG NOTE: A- Section ends here and moves into this dance's only TAG

[33-40] Circular Walks w/ Triple Steps while turning to 12:00 over L shoulder

1-2 (while turning slightly over L shoulder) Step RF forward, Step LF forward (7:30)
3&4 (continue turning over L shoulder) Step RF forward, Step LF next to RF, Step RF forward (4:30)
5-6 (continue turning over L shoulder) Step LF forward, Step RF forward (1:30)
7&8 (finishing turning over L shoulder to 12:00) Step LF forward, Step RF next to LF, Step LF forward (12:00)

[41-48] Toe Press, Ball, Touch, Twist, Twist, Backward Run, POSE!

1-2& Press R toe forward, Recover LF, Ball RF next to LF (12:00)
3&4 Touch LF forward, Twist L & R heels to L, Twist L & R heels back to center (12:00)
5&6 Step LF back, Step RF back, Step LF back (12:00)
&7-8 Step RF back, Step LF back, POSE (12:00)

Styling Note: Have fun with your poses on count 8! Pose however you want, just make sure weight favors LF.

SECTION B – 32 Counts

[1-8] Walk R, Walk L, Walk R, ½ Strut Bump, Flick, Step, POSE!

1-2 Step RF forward, Step LF forward (12:00)

- 3-4& Step RF forward, Touch L toe forward while bumping L hip forward w/ ¼ turn R, Bump L hip back (3:00)
5-6 Step onto LF w/ ¼ turn R, Flick RF back (6:00)
7-8 Step RF forward, POSE w/ weight favoring RF (6:00)

[9-16] Walk L, Walk R, Walk L, ½ Strut Bump, Flick, Step, POSE!

- 1-2 Step LF forward, Step RF forward (6:00)
3-4& Step LF forward, Touch R toe forward while bumping R hip forward w/ ¼ turn L, Bump R hip back (3:00)
5-6 Step onto RF w/ ¼ turn L, Flick LF back (12:00)
7-8 Step LF forward, POSE w/ weight favoring LF (12:00)

[17-24] Hip Bump, Hip Bump, Hip Sways, POSE!

- 1-2 Step RF to R and Bump Hips to R x2 (12:00)
3-4 Shift weight to LF and Bump Hips to L x2 (12:00)
5-6 Sway Hips R, Sway Hips L (12:00)
7-8 Sway Hips R, POSE w/ weight change to LF (12:00)

[25-32] Rolling Vine R, Rolling Vine L w/ POSE!

- 1-2 Step RF to R w/ ¼ turn R, Step LF forward w/ ½ turn R (9:00)
3-4 Step RF back w/ ¼ turn R, touch LF next to RF (12:00)
5-6 Step LF to L w/ ¼ turn L, Step RF forward w/ ½ turn L (3:00)
7-8 Step LF back w/ ¼ turn L, POSE w/ weight favoring LF (12:00)

TAG (OCCURS IN 3RD SEQUENCE OF A AFTER 32 COUNTS FACING 9:00)

- 1-4 Paddle Turns, POSE!
1-2 Touch RF to R w/ ¼ turn L, Touch RF to R w/ ¼ turn L, (3:00)
3-4 Touch RF to R w/ ¼ turn L, POSE w/ weight favoring LF (12:00)

Dance continues at beginning of section B.
