

Valerie

拍数: 64 墙数: 2 级数: Low Improver
编舞者: Jérôme Ciurana (FR) - April 2024
音乐: Valerie - Mark Ronson & Amy Winehouse



Déscriptif : start on the lyrics or 12sec do the dance at the ender

[1-8] SLOW CHARLESTON STEP

1-2 Sweep RIGHT from back to forward, Point RIGHT forward
3-4 Sweep RIGHT from forward to back, Step RIGHT beside left
5-6 Sweep LEFT from forward to back, Point LEFT back
7-8 Sweep LEFT from back to forward, Step LEFT beside right

[9-16] SLOW CHARLESTON STEP

1-2 Sweep RIGHT from back to forward, Point RIGHT forward
3-4 Sweep RIGHT from forward to back, Step RIGHT beside left
5-6 Sweep LEFT from forward to back, Point LEFT back
7-8 Sweep LEFT from back to forward, Step LEFT beside right

[17-24] WALK FORWARD RIGHT/LEFT WITH HOLD, 1/2 RUMBA BOX BACK, HOLD

1-2 Step RIGHT forward, Hold
3-4 Step LEFT forward, Hold
5-6 Step RIGHT to right side, Step LEFT beside right
7-8 Step RIGHT back, Hold

[25-32] WALK BACKWARD LEFT/RIGHT WITH HOLD, 1/2 RUMBA BOX FORWARD, HOLD

1-2 Step LEFT back, Hold
3-4 Step RIGHT back, Hold
5-6 Step LEFT to left side, Step RIGHT beside left
7-8 Step LEFT forward, Hold

[33-40] MONTEREY 1/4 TURN WITH HOLD

1-2 Point RIGHT to right side, Hold
3-4 1/4 turn right and step RIGHT beside left [3h], Hold
5-6 Point LEFT to left side, Hold
7-8 Step LEFT beside right, Hold

[41-48] MONTEREY 1/4 TURN WITH HOLD

1-2 Point RIGHT to right side, Hold
3-4 1/4 turn right and step RIGHT beside left [6h], Hold
5-6 Point LEFT to left side, Hold
7-8 Step LEFT beside right, Hold

[49-56] SLOW ROCKING CHAIR

1-2 Step RIGHT forward, Hold
3-4 Recover weight on LEFT, Hold
5-6 Step RIGHT back, Hold
7-8 Recover weight on LEFT, Hold

[57-64] SLOW JAZZ BOX

1-2 Cross RIGHT over left, Hold
3-4 Step LEFT back, Hold

5-6 Step RIGHT to right side, Hold
7-8 Step LEFT forward, Hold

SMILE WHEN YOU DANCE !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country :
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<https://www.youtube.com/user/MrSPIRITOF-COUNTRY>
