

Full Circle

拍数: 32 墙数: 4 级数: Beginner
编舞者: Maryann Reagan (USA) - September 2024
音乐: 360 (super clean version) - Charli XCX
或: Centerfold - The J. Geils Band



Introduction: 16 Counts, start on lyrics

SECTION 1 ½ RIGHT FORWARD SHUFFLE BOX, LINDY LEFT

1 2 Step R to the right, Step L beside right
3&4 Step R forward, Step L beside right, Step R forward
5&6 Step L to left side, Step R beside left, Step L to left side
7-8 Rock back Right, Recover Left

SECTION 2 LINDY RIGHT, ½ LEFT BACK SHUFFLE BOX

1&2 Step R to right side, Step L beside right, Step R to right side
3-4 Rock back Left, Recover Right
5-6 Step L to the left, Step R beside left
7&8 Step L back, Step R beside left, Step L back

SECTION 3 R BACK, L KICK, L BACK, R PIVOT ½ , R PIVOT ½ , R SIDE POINT

1-3 Step R back, kick L forward, step L back
4-5 Step forward R, Pivot ½ turn left
6-8 Step forward R, Pivot ½ turn left, POINT R to right side

****Note: steps 4-8: If unable to do the ½ pivot turns, substitute a V step with POINT R**

SECTION 4 WEAWE LEFT, SIDE ROCK ¼ TURN R, SHUFFLE LRL

1-2 Cross R over L, Step L to left side,
3&4 Step R behind L, Step L to left side, Cross R over L
5-6 Rock L to side, Turn ¼ R Recover(step) R
7&8 Step L forward, Step R beside right, Step L forward

ALTERNATE SECTION 4 (if using faster music):

SECTION 4 WEAWE LEFT, MONTEREY TURN ¼ RIGHT

1-4 Cross R over L, Step L to left side, Step R behind L, Step L to left side
5-6 Point R toe to R side, Turn 1/4 R stepping R next to L
7-8 Point L toe to L side, Step L next to R

Please consider creating a Teach or Demo video. Thank you!!

Additional Alternate Music:

Cold Heart (PNAU Remix) – Elton John, Dua Lipa
All She Wants To Do Is Dance – Don Henley
She Drives Me Crazy – Fine Young Cannibals

Contact: Maryann.Reagan@comcast.net