

Monsters

拍数: 48 墙数: 2 级数: Intermediate - Rise & Fall
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音乐: Monsters - James Blunt



#5 Restarts

Start after 30 counts / 14 seconds

Part 1: Twinkle Step 1/4 left - Step Full Turn

123 LF cross over RF - RF to side and start to turn left - 1/4 turn to left LF fwd
456 RF fwd - 1/2 turn right LF back - 1/2 turn right RF fwd

Part 2: 1/4 turn Sway to left - Weave to right with 1/4 right at 4

123 LF fwd - Sway over 2 counts and lift your left hand forward with the music
Arms: Bring your left Hand from center of your Body, out to left with your sway
456 RF back - LF back - 1/4 to right RF to the side

Arms: Bring your Arm back to center of your Body. Elbow down and a Fist

Part 3: Step fwd 2 counts hold - Back Back Side

123 1/4 turn to right LF fwd - hold hold
Arms: Wall 1,2 5,6 Bring your left forward with a flexed Hand
Arms in Refrain Do a Peace sign (Music will say the word „Two“)
and in second time in refrain while the Word Daddy a fisted strong Arm
456 RF back - LF back - 1/4 turn to right RF to side
Arms: Wall 1,2 5,6 Cross both Arms in Front of your Body at 6

Part 4: Close Hold Hold - Three step turn to left

123 LF close to right foot - hold - hold
Arms: Wall 1,2 5,6 Open your arms to side diagonal down
Arms in Refrain Big Arm circle with both Arms (Music will say „Goodbye“)
and in second time in refrain while „close your eyes“ hands to your eyes and tear out your eyes
456 1/4 turn t left LF fwd - 1/2 turn to left RF back - 1/4 turn t left LF to side

Part 5: Step Hitch Hold - 3 Steps back

123 RF fwd - Hitch with Left knee - hold and Bring your right hand up while 2,3
456 Lf back - RF back - LF back

Part 6: Touch the floor - Bring it back up

123 Go down on your left leg as deep as possible, bring your right down to floor if possible. If not, just as deep as you can ;-)
456 Make a big Arm circle with your right arm while you go back up and do a Turn with transfer of your weight forward to the RF

Restart here in Wall 1, 2 ,5, 6, 8 with out the turn. Just weight transfer - in that case with a weight transfer backwards to RF

Part 7: Left turn - Coster Step

123 LF Step fwd - 1/2 turn to left RF back - LF back
456 RF Step back - LF close to RF - RF fwd

Part 8: Step Sweap Step Sweap

123 LF fwd - Sweep RF to the front over 23
456 RF fwd - Sweep LF to the front over 56

