

B Luv

拍数: 56 墙数: 1 级数: Intermediate
编舞者: Bernadette Burnette (USA) - February 2025
音乐: SloLove - Janet Jackson



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

RUNNING STEPS, HEEL, BACK FRONT BACK FRONT

1&2 3 4 Run RLR, place left foot front heel down toes up
5 6 7 8 Tap left foot back, left foot front l, repeat

FORWARD CHAS, HALF RIGHT TURN, QUARTER RIGHT TURN, LIFT, SWIVELS QUARTER LEFT TURN

1&2 3 4 RLR forward chas, step on left making half right turn, land on right
5 6 Continue pivoting right on right foot lifting left foot face 9:00
7 8 Swivel heels left, right making quarter turn left face 6:00

HEEL WALKS, QUARTER TURN LEFT SIDE ROCKS

1 2 3 4 Walk forward right heel, left heel
5 6 7 8 Quarter left turn rocking side RL, RL to café 3:00

TRAVELING HINGE TURNS, SIDE ROCKS, CHA CHA CHA

1 2 3 4 Make half/hinge turn to left pivoting on left foot, side rocks RLRL to face 9:00
5 6 7&8 Make half/hinge turn to right pivoting on right foot, side rocks RL, cha cha cha RLR face 3:00

HINGE TURN, CHAS

1 2 3&4 Make half/hinge turn to left pivoting on left foot, step on right, cha cha cha LRL face 9:00
5 6 7 8 Make half/ hinge turn to right pivoting on right foot, step on left, cha cha cha RLR

SIDE CHAS, LEFT FOOT CROSS POINTS

1&2 3 4 Right together right, point left foot over right, center
5&6 7 8 Right together right, tap left foot behind right, center in back

SIDE CHA, LEFT FOOT CROSS POINTS, SIDE CHA, QUARTER LEFT STEP TURN

1&2 3 4 Right together right, point left foot over right, center
5&6 7 8 Right together right, tap left foot behind right, center

REPEAT ENTIRE DANCE

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com