

Perfidia!

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Perfidia - John Altman



HEEL LIFT, HEEL SLAM & SQUAT, SHIMMY SHOULDERS, SNAKE ROLL TO RIGHT, HIP ROLL

& Lift both heels up
1 Slam both heels down hard as you dip body down into a squat position
2-3 Shimmy shoulders for 2 counts
4-6 Over 3 counts, roll body to right with head lead
This is a snake roll from head up till the hips. You should remain in squat position throughout the roll
7-8 Roll a hip roll in a motion to the left
You should remain in squat position throughout the roll

RECOVER, ½ LEFT SWEEP TURN, ½ LEFT SWEEP TURN, TWINKLE PATTERNS, BACKWARD WALK

& Recover from squat position to normal up-right standing position and put weight onto left
9 Spin a ½ turn left on ball of left as you sweep right along
End with right toes tapped close beside left (weight remains on left)
10 Spin another ½ turn left on ball of left as you sweep right along
Now end with right toes tapped out to right side (weight remains on left)
11&12 Cross right over left, step left to left, step right to right
13&14 Cross left over right, step right to right, step left to left
15-16 Walk back on right, left

CROSS, SIDE, ¼ LEFT SAILOR-TOUCH, TOGETHER, CROSS, SIDE, ¼ LEFT SAILOR-TOUCH, TOGETHER

17-18 Cross right over left, step left to left
19&20 Cross right behind left, execute ¼ turn left and then step left forward, touch right toes to right
& Step right beside left
21-22 Cross left over right, step right to right
23&24 Cross left behind right, execute ¼ turn left and then step right to right, touch left toes to left
& Step left beside right

CROSS, BODY ROLL WITH ½ LEFT UNWIND TURN, SIDE, CROSS, BODY ROLL WITH ½ RIGHT UNWIND TURN

25 Cross right over left
26-28 Over 3 counts, roll your body as you unwind ½ turn left. Lean your body forward and roll from right to left as you unwind ½ turn left (weight ends on left)
The roll works principally close to that of a samba roll
&29 Step right to right, cross left over right
30-32 Over 3 counts, roll your body as you unwind ½ turn right. Lean your body forward and roll from left to right as you unwind ½ turn right (weight remains on left)

The roll works principally close to that of a samba roll

FORWARD ROCK, RECOVER, COASTER STEP, FORWARD ROCK, RECOVER COASTER STEP

33-34 Rock right forward, recover weight onto left
35&36 Step right back, step left beside right, step right forward
37-38 Rock left forward, recover weight onto right
39&40 Step left back, step right beside left, step left forward
For better styling, wrap left arm across your waist and brush your hair sensuously with right hand on counts 33-34. Likewise, wrap right arms across your waist and brush your hair sensuously with left hand on counts 37-38

FORWARD PRIZZY WALK, ½ RIGHT UNWIND TURN, ½ RIGHT TURN, BACKWARD PRIZZY WALK, FORWARD SLIDE, ½ RIGHT SWEEP TURN

- 41-42 Cross right over left, cross left over right
43& Unwind ½ turn right (weight ends on right), continue the right turn with another ½ turn right and then step left back
44-45 Cross right behind left, cross left behind right
46 Slide right forward
47-48 Over 2 counts, sweep left around as you execute ½ turn right (end with left toes tapped close beside right)

CROSS, TOUCH, CROSS, TOUCH, CROSS, RHUMBA BOXES

- 49-50& Cross left over right, touch right toes to right, cross right over left
51-52 Touch left to left, cross left over right
53&54 Step right to right, step left beside right, step right forward
55&56 Step left to left, step right beside left, step left back

BACKWARD WALK, ½ RIGHT TURN, SIDE, LEFT HIPS THRUST, FORWARD PELVIS THRUST, RIGHT HIP THRUSTS

- 57-58 Walk back on right, left
59-60 Execute ½ turn right and then step right forward, step left to left (shoulder width apart)
61 Thrust hips sharply to left
62-63 Over 2 counts, thrust pelvis forward
64 Thrust hips sharply to right

REPEAT

RESTART

On the 2nd rotation, dance till the 48th count (now modify the ½ right sweep turn to end with left taking weight at shoulder width apart on the 48th count) and start dance again (i.e. 3rd rotation) from count &1 facing 6:00

FINISH

Dance ends on the 1st count of the 6th rotation facing 12:00 wall. You will lift both heels and slam both heels down into squat position. When you squat, throw head sharply to look left or raise both arms up or spread both arms to sides or any other cooler poses of your choice to end the dance
