

Reset

拍数: 32 墙数: 4 级数: Improver
编舞者: Gerda Klein (NL)
音乐: Reset Your Brain - Soulvation



BRUSH, HITCH, POINT, STEP TOGETHER, POINT, STEP TOGETHER, SIDE STEP, HOLD, STEP TOGETHER SIDE STEP, HOLD, STEP TOGETHER, SIDE STEP

- 1 Brush right foot forward
- & Hitch right foot
- 2 Point right foot forward
- & Step right foot together
- 3 Point left foot to side left
- & Step left foot together
- 4 Side step right foot to right
- 5 Hold
- & Step left foot together
- 6 Side step right foot to right
- 7 Hold
- & Step left foot together
- 8 Side step right foot to right

PIVOT ½ RIGHT, SYNCOPATED LOCK STEP LEFT & RIGHT, ROCK FORWARD

- 9 Step left foot forward
- 10 ½ turn right
- 11 Step left foot forward
- 12 Lock right foot behind
- & Step left foot forward
- Turn upper body to the left while making the lock step**
- 13 Step right foot forward
- 14 Lock left foot behind
- & Step right foot forward
- Turn upper body to the rights while making the lock step**
- 15 Rock left foot forward
- 16 Recover to right foot

HITCH, STEP BACK, SLIDE, HITCH, STEP BACK, SLIDE, SYNCOPATED SAILOR STEP LEFT & RIGHT WITH BRUSH

- 17 Hitch left foot
- & Step left foot back
- 18 Slide right foot together
- 19 Hitch left foot
- & Step left foot back
- 20 Slide right foot together
- 21 Cross left foot behind
- & Side step right foot to right
- 22 Brush left foot diagonally forward
- & Side step left foot to left
- 23 Cross right foot behind
- & Side step left foot to left
- 24 Brush right foot diagonally forward
- & Side step right foot to right

CROSS UNWIND $\frac{3}{4}$ LEFT, STEP FORWARD, $\frac{1}{2}$ TURN LEFT, STEP FORWARD, STEP FORWARD, $\frac{1}{2}$ TURN LEFT, STEP FORWARD

- 25 Cross left foot behind
- 26 $\frac{3}{4}$ unwind to the left
- 27 Step right foot forward
- 28 $\frac{1}{2}$ turn left, point left foot forward with bent knee
- 29 Step left foot forward
- 30 Step right foot forward
- 31 $\frac{1}{2}$ turn left, point left foot forward with bent knee
- 32 Step left foot forward

REPEAT
