

Chasing Pavements

拍数: 0 墙数: 0 级数: Phrased Intermediate
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音乐: Chasing Pavements - Adele



Sequence: A:B:A:B:A:A (4 Count Tag) B

Count in: 30 Counts From 1st Lyrics On the lyrics "If I Tell the world"

PART A:

Side. Rock. Recover. Sweep. Cross. Back. Drag. Back. Back. Forward. $\frac{3}{4}$ rhonde. Touch.

- 1-2& Step left to left side. Rock back on right. Recover on left
3 Sweep right from behind left in front of right.
4&5 Cross step right over left. Step back left. Step right a big step back dragging left up to right.
6&7 Step back left. Step back right. Step forward left. (prep)
8 Make a $\frac{3}{4}$ turn left on the ball of left foot with right leg lifted and bent at the knee touching right to ride side.

Side .Rock. Recover. Side. Rock. Recover Recover. $\frac{1}{4}$ right. $\frac{1}{2}$ right. Ball lock steps forward.

- 1&2 Step right to right. Rock left behind right. Recover on right (sway upper body gracefully)
3&4 Step left to left. Rock right behind left. recover on left. (sway upper body gracefully)
5& Step right $\frac{1}{4}$ turn right. Make $\frac{1}{2}$ turn right stepping back on left.
6&7 Raise up on to balls of feet- stay on balls of feet as you: Step right forward. Lock left behind right. Step right forward. (All very small steps)
&8& Lock left behind right. Step right forward. Step left behind right (small steps) weight now on left.

Back/low kick. Step. $\frac{1}{4}$ point. $\frac{1}{4}$ back. Reverse sweeps x2. Rock back. Recover. $\frac{1}{2}$ right.

- 1-2 Step back on right as you bend right knee & low kick with your left. Step left forward.
3-4 Make $\frac{1}{4}$ left as you touch right to right side. Make $\frac{1}{4}$ right as you step right back.
5-6 Sweep left foot from front to back (weight on left) sweep right foot from front to back (weight on right)
7&8 Rock back on left. Recover on right. Make $\frac{1}{2}$ right bending knees & bringing feet together.

PART B:

Side. Rock. Recover. Side. Rock. Recover (1/8th) lunge. Recover. Full turning cross shuffle.

- 1-2& Step right to right side. Rock left behind right. recover on right.
3-4& Step left to left side. Rock back on right. recover on left.
5-6 Make 1/8th turn to diagonal as you lunge gracefully forward. recover onto left
&7&8 & step right beside left. Making a full turn right with legs crossed at all times step left-right-left-right (you will finish straight with left crossed over right & weight on right foot)

Side. Rock. Recover. $\frac{1}{2}$. rock. Recover. Sway. sway.

- 1-2& Step left to left side. Rock back on right. Recover on left.
3-4& Make $\frac{1}{2}$ turn left stepping back right. Rock back left. Recover on right.
5-6 Step left to left as you sway- left- right (weight ends on right)

Rocking chair. Step. Lock. Sweep. Sailor step. Lock. Step. Touch

- 1&2& Rock forward on left. Recover on right. Rock back on left. Recover on right.
3-4 Step forward on left. Lock right tightly behind left as you start to sweep left.
5&6 Continue the sweep & make a sailor step – left behind. Right side. Step left forward.
&7 Lock right behind left. Step left forward.
8 Make a graceful $\frac{1}{4}$ turn right as you touch your right forward.

Side. Ball step. Side. Ball. Step

- 1-2& Step right a big step to right. Step the ball of your left beside right. Step the ball of your right beside left.
- 3-4& Step left a big step to left. Step the ball of your right beside left. Step the ball of your left beside right.

(Let your upper body flow with the music & movement, let your arms sway in time too)

Side. Cross rock. Recover. ¼. Full turn forward. Step. ½ turn. Step. Full turn forward.

- 1-2& Step right to right side. Cross rock left over right. Recover on right.
- 3-4& make ¼ left stepping left forward. Make ½ turn left stepping back right. Make ½ left stepping left forward.
- 5-6& Step right forward. Step left forward. Make ½ pivot turn right.
- 7-8& Step left forward. make ½ turn left stepping back right. make ½ turn left stepping left forward,

Walk. Walk. Mambo touch. Back. Cross. Back (lift). Back. Cross. Back. (lift)

- 1-2 Walk forward right. Walk forward left.
- 3&4 Rock forward right. Recover on left. Touch right beside left.
- 5&6 Step right back to diagonal. Cross step left over right. Step right back to right diagonal as you lift you left leg
- 7&8 Step left back to diagonal. Cross step right over left. Step left back to left diagonal as you lift your right leg

(Keep counts 5-8 smooth & let your upper body sway in time to the music.)

Sway. Sway. Sway. Recover. Hinge ½ turn right.

- 1-2 Sway right to right. Sway to left.
- 3&4 step right to right as you sway to right. Recover on left. Make ½ turn right as you step right to right side.

TAG: 4 counts:

Prissy walks/ ½ turn right. prissy walk

- 1-2-3-4 Cross step right over left. Cross step left over right. Make ½ pivot turn right. cross step left over right.
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