

Little Butterfly

拍数: 32 墙数: 4 级数: Beginner
编舞者: Niels Poulsen (DK) - April 2015
音乐: Butterfly - Crazy Town : (Album: The Gift of the Game)



Intro: 32 counts from first beat (app. 16 seconds into track)

(1 – 8) Kick and point back, step fw L, touch, shuffle fw, mambo fw

1&2 Kick R fw, step back on R, point L back 12:00
3 – 4 Step fw L, touch R next to L 12:00
5&6 Step fw R, bring L to R, step fw R 12:00
7&8 Rock fw on L, recover weight to R foot, step back on L 12:00

(9 – 16) Walk back R L, coaster step, step fw L, side switch X 3

1 – 2 Walk back R, walk back L 12:00
3&4 Step back on R, bring L next to R, step fw on R 12:00
5 – 6& Step fw on L, point R to R side, bring R next to L (weight R) 12:00
7&8 Point L to L side, bring L next to R, point R to R side 12:00

(17 – 24) Cross rock, side rock, behind side cross, lunge L, sailor step

1&2& Cross rock R over L, recover to L foot, rock R to R side, recover to L foot 12:00
3&4 Cross R behind L, step L to L side, cross R over L 12:00
5-6 Lunge L to L side bending L leg and keeping R leg straight, recover R foot 12:00
7&8 Cross L behind R, step R to R side, step L small step to L side 12:00

(25 – 32) Jazz box ¼ R, step fw L, rocking chair, 2 walks fw

1 – 2 Cross R over L, step back on L 12:00
3 – 4 Turn ¼ R stepping fw R, step fw L 3:00
5&6& Rock fw R, recover weight to L foot, rock back R, recover weight to L foot 3:00
7 – 8 Walk fw R, walk fw L 3:00

Begin Again!...
