

Halo

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Adrian Lefebour (AUS) - February 2010
音乐: Halo - Beyoncé : (CD: I Am...Sasha Fierce)



Intro: 16 count

COASTER, ¼ PIVOT, ACROSS, ¼ TURN, ¼ TURN, STEP, REPLACE, ½ TURN, STEP

1&2 Step left back, step right together, step left forward
3-4 Step right forward, turn ¼ left (weight to left)
5&6 Cross right over left, turn ¼ right and step left back, turn ¼ right and step right to side (3:00)
7-8& Cross/rock left over right, recover to right, turn ½ left and step left forward (9:00)

STEP, LEFT SAILOR, RIGHT SAILOR, BEHIND, ¼ TURN, ½ PIVOT, TOGETHER

1-2&3 Step right to side, cross left behind right, step right together, step left to side
4&5 Cross right behind left, step left together, step right to side
6& Cross left behind right, turn ¼ right and step right forward (12:00)
7-8& Step left forward, turn ½ right (weight to right), step left together (6:00)

½ PIVOT, ½ TURN TWIST, ½ TURN TWIST, SWEEP, STEP, SWEEP ACROSS, STEP, STEP, REPLACE

1-2 Step right forward, turn ½ left (weight to left)
3-4& Turn ½ right (weight to right) (6:00), turn ½ left (weight to left) (12:00)
5&6& Sweep/step right forward, sweep/cross left over right, step right to side
7-8 Cross/rock left behind right, recover to right

STEP SIDE, BEHIND SWEEP, BEHIND, ¼ TURN, STEP, ½ PIVOT, FULL TURN, ¼ PIVOT

&1 Step left to side, cross right behind left
2& Sweep/cross left behind right, turn ¼ right and step right forward (3:00)
3-4 Step left forward, turn ½ right (weight to right)
5&6 Step left forward, turn ½ left and step right back, turn ½ left and step left forward (9:00)
7-8 Step right forward, turn ¼ left (weight to left) (6:00)

ACROSS, TOGETHER, ACROSS, SIDE (HIP), HIP, FULL TURN, STEP, HIP, HIP (6:00)

1-2& Cross right over left, step left together, cross right over left
3-4 Step left to side and push hip left, right
5&6 Turn ¼ left and step left forward, turn ½ left and step right back, turn ¼ left and step left to side
7-8 Step right in place and push hip right, left (weight to left) (6:00)

TOGETHER, ACROSS, HOLD, ¼ TURN, STEP, ¼ PIVOT, ACROSS, ¼ TURN, ½ TURN STEP, REPLACE

&1-2 Step right together, cross left over right, hold
&3 Turn ¼ right and step right forward, step left forward (9:00)
4&5 Step right forward, turn ¼ left (weight to left), cross right over left (6:00)
6& Turn ¼ right and step left back, turn ½ right and step right forward
7-8 Rock left forward, recover to right (3:00)

REPEAT

TAG

End of wall 5, facing 3:00 wall, do the following 4 counts and start dance again

1&2 Step left back, step right together, step left forward
3&4 Step right forward, step left together, step right back

ENDING

During wall 7 dance up to count 21 then do another $\frac{1}{2}$ twist right to face the front wall to finish the dance.

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