

2 AM

拍数: 64 墙数: 2 级数: Improver
编舞者: Malene Jakobsen (DK) - February 2010
音乐: 2 Am - The Saturdays : (Album: Wordshaker)



Intro: 32 counts from when the beat kicks in, 17 sec. into track - dance begins with weight on L

(1-8) Touch, kick, ball cross, side, touch, kick, ball cross, side

- 1-2 (1) Touch R next to L, (2) kick R forward 12.00
- &3-4 (&) Step R next to L, (3) cross L over R, (4) step R to R 12.00
- 5-6 (5) Touch L next to R, (6) kick L forward 12.00
- &7-8 (&) Step L next to R, (7) cross R over L, (8) step L to L 12.00

(9-16) Behind, hold, ball cross, side, back rock, side, touch

- 1-2 (1) Cross R behind L, (2) hold 12.00
- &3-4 (&) Step L to L, (3) cross R over L, (4) step L to L 12.00
- 5-6 (5) Rock back on R, (6) recover onto L 12.00
- 7-8 (7) step R to R, (8) touch L next to R 12.00

(17-24) Point, step together, point, step together, toe switches, heel, hook

- 1-2-3-4 (1) Point L toes forward, (2) step L next to R, (3) point R toes forward, (4) step R next to L 12.00
- 5&6& (5) Point L to L, (&) step L next to R, (6) point R to R, (&) step R next to L 12.00
- 7-8 (7) Put L heel forward, (8) hook L across R

(25-32) Shuffle, 1/2, shuffle, diagonal step, touch

- 1&2 (1) Step forward on L, (&) step R next to L, (2) step forward on L 12.00
- 3-4 (3) Step forward on R, (4) turn ½ L 6.00
- 5&6 (5) Step forward on R, (&) step L next to R, (6) step forward on R 6.00
- 7-8 (7) Step forward on L on L diagonal, (8) touch R next to L

(33-40) Stomp, hold, behind side, forward, stomp, hold, behind side, forward

- 1-2 (1) Stomp R to R, (2) hold 6.00
- &3-4 (&) Cross L behind R, (3) step R to R, (4) step forward on L 6.00

NOTE: The only restart is here on wall 3 – you'll be facing 6 o'clock

- 5-6 (5) Stomp R to R, (6) hold 6.00
- &7-8 (&) Cross L behind R, (7) step R to R, (8) rock forward on L 6.00

(41-48) Push back, drag, ball, walk x 3, side rock, cross, point

- 1-2 (1) Take a big step back on R using L to push you backwards , (2) drag L towards R 6.00
- &3-4-5 (&) Step slightly back on L, (3-4-5) walk forward R, L, R 6.00
- 6&7 (6) Rock L to L, (&) recover onto R, (7) cross L over R 6.00
- 8 (8) Point R to R 6.00

(49-56) Cross, hold, ball cross, point, cross, hold, ball cross, point

- 1-2 (1) Cross R over L, (2) hold 6.00
- &3-4 (&) Step forward on L on L diagonal, (3) cross R over L, (4) point L to L 6.00
- 5-6 (5) Cross L over R, (6) hold 6.00
- &7-8 (&) Step forward on R on R diagonal, (7) cross L over R, (8) point R to R 6.00

(57-64) Sailor steps, walk back with hip moves

- 1&2 (1) Cross R behind L, (&) step L to L, (2) step R to R 6.00
- 3&4 (3) Cross L behind R, (&) step R to R, (4) step L to L 6.00

5-6 (5) Walk back on R pushing L hip to L, (6) walk back on L pushing R hip to R 6.00
7-8 Repeat step 5-6 6.00

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