

Rare Form

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Maurice Rowe (USA) & Melissa Daum (USA) - June 2010
音乐: Not Myself Tonight - Christina Aguilera



24 count intro from hard beat, on lyrics (48 counts from start of track)

Step, Drag, Ball Cross, Out Out, Hold, Ball Side, Cross Rock Recover Side

- 1 Weight starts on Left. Step Right to right
- 2 Drag Left toward Right
- &3&4 Step Left behind Right, step Right crossed over Left, step out Left, step out Right
- 5 Hold
- &6 Step Left to center, step Right to right
- 7&8 Step Left across Right, recover weight to Right, step Left to left.

Cross Right Over Left, ¼, ¼, Left Forward, Shuffle, Left Forward, Spiral Full Turn Right

- 1 Cross Right over Left
- 2 ¼ turn right stepping back on Left
- 3 ¼ turn right stepping Right to right
- 4 Step Left forward (toward 6:00)
- 5&6 Step Right forward, step Left together with Right, step Right forward
- 7 Step forward on Left
- 8 Spiral full turn right (back to 6:00 wall)

Unwind 1 ¼ Turn Left, Shuffle Forward, ½ Turn Walk Around

- 1,2 Unwind 1 ¼ turn left replacing weight on Right (end facing 3:00)
- 3&4 Step Left forward, step Right together, step Left forward
- 5-8 ½ turn left walk around Right, Left, Right, Left

Mambo Fwd, Coaster Back, Right Forward, ¼, ½, Weave

- 1&2 Rock Right forward, Recover Left, Step Right back
- 3&4 Step back on Left, Step Right together with Left, Step Left forward
- 5 Step forward on Right (toward 9:00)
- 6 ¼ turn right stepping Left to left
- 7 ½ turn right stepping Right to right
- &8& Step Left behind Right, step Right to right, cross Left over Right

****RESTARTS: OCCUR on the 2nd and 5th walls. On each, dance the first 16 counts, through the full spiral turn.**

To re-start step out on Right for 1, drag 2, etc