Popular



拍数: 160 墙数: 2 级数: Phrased Intermediate

编舞者: Susanna Ståhlenberg & Helena Öberg - March 2011

音乐: Popular - Eric Saade



Danced: A, B, Tag, A, B, C, B (last 48), Ending

Section A (44 counts):

Walk x3, Kick, Walk Back x2, Coaster step

1 2 3 4 Walk forward R,L,R, kick L

5 6 7&8 Walk back L,R, L back, R beside L, L forward

R shuffle ½ left, Back rock L, Recover with sway, Sway x3, Touch

1&2 3 4 R forward ¼ left, L beside R, R back ¼ right, Back rock on L, recover R as you sway hips to

right 5 6 7 8 Sway L,R,L, Touch R beside L

Walk x3, Kick, Walk Back x2, Coaster step

1 2 3 4 Walk forward R,L,R, kick L

5 6 7&8 Walk back L,R, L back, R beside L, L forward

R shuffle ½ left, Back rock L, Recover with sway, Sway x3, Touch

1&2 3 4 R forward ¼ left, L beside R, R back ¼ right, Back rock on L, recover R as you sway hips to

right

5 6 7 8 Sway L,R,L, Touch R beside L

Shuffle, Side rock, Shuffle, Step turn ½ left

1&2 3 4 R forward, L beside R R forward, Rock L to left, Recover R

5&6 7 8 L forward, R beside L L forward, R forward, Pivot ½ left ending on L

Cross Point - x2

1 2 3 4 Cross R over L, Point L left, Cross L over R, Point R right (snap your fingers on points)

Section B (64 counts):

Weave left, Cross rock, Chasse right

1 2 3 4 Cross R over L, L left, Cross R behind L, L left,

5 6 7&8 Cross rock R over L, Recover L, R to right, L beside R, R to right

Weave right, Cross rock, Chasse left

1 2 3 4 Cross L over R, R right, Cross L behind R, R right,

5 6 7&8 Cross rock L over R, Recover R, L to left, R beside L, L to left

Step turn ½ left, Full turn L travelling forward (or Cross, Unwind 1/1), Jazz box

1 2 3 4 R forward, Pivot ½ left ending on L, R back turning ½ left, L forward turning ½ left

(opt.: R forward, Pivot ½ left ending on L Cross R over L, Unwind Full turn left ending on L)

5 6 7 8 Cross R over L, Back on L, R beside L, L forward

Step turn ½ left, Full turn L travelling forward (or Cross, Unwind 1/1), Jazz box

1 2 3 4 R forward, Pivot ½ left ending on L, R back turning ½ left, L forward turning ½ left

(opt.: R forward, Pivot ½ left ending on L Cross R over L, Unwind Full turn left ending on L)

5 6 7 8 Cross R over L, Back on L, R beside L, L forward

Kickball step, Long Step, drag, Bump x4

1&2 3 4 Kick R forward, R beside L, L beside R, R long step forward, drag L next to R (lift your arms

straight up on "drag" and keep weight on R)

Bump L,R,L,R (lower your arms marking each count with your hands on stretched arms, end with your arms straight down and weight on R)

Cross, Unwind ¾ right, Step, Drag, Step ¼ right, Cross, Unwind 1/1 right

1 2 3 4 Cross L over R, Unwind ¾ right (weight on R), L longstep to left, drag R next to L pointing

your left arm diagonally up to left and right arm diagonally down to right

Weave left, Cross rock, Chasse right

1 2 3 4 Cross R over L, L left, Cross R behind L, L left,

5 6 7 & Crossrock R over L, Recover L, R to right, L beside R, R to right

Weave right, Cross rock, Chasse left

1 2 3 4 Cross L over R, R right, Cross L behind R, R right,

5 6 7&8 Cross rock L over R, Recover R, L to left, R beside L, L to left

Tag (16 counts):

Stomp R,L, Cross Stomp, Hold, Stomp L,R, Cross Stomp, Hold

1 2 3 4 Stomp R, Stomp L, Stomp R crossed over L (3), hold (4) (clap on 3&4)

5 6 7 8 Stomp L to left, Stomp R beside L, Stomp L crossed over R (7), hold (8) (clap on 7&8)

Slow Mambo right,, Hold, Slow Mambo left, Hold

1 2 3 4 Rock R to right, recover L, R beside L weight on R (3), hold (4) (clap on 3&4)

5 6 7 8 Rock L to left, recover R, L beside R weight on L (7), hold (8) (clap on 7&8)

Repeat Section A (44 counts)

Repeat Section B (64 counts)

Section C (52 counts):

Shuffle R+L, Step turn 1/2, Stomp x2

1&2 3&4 R forward, L beside R, R forward, L forward, R beside L, L forward 5 6 7 8 R forward, Pivot ½ left ending on L, stomp R, stomp L (clap on 7&8)

Shuffle R+L, Step turn 1/2, Stomp x2

1&2 3&4 R forward, L beside R, R forward, L forward, R beside L, L forward 5 6 7 8 R forward, Pivot ½ left ending on L, stomp R, stomp L (clap on 7&8)

Chasse, Cross rock Behind, Chasse, Hold, Shift weight

1&2 3 4 R to right, L beside R, R to right, crossrock L behind R, Recover R
5&6 7 8 L to left, R beside L, L to left, hold, shift weight onto R (clap on 7&8)

Chasse, Cross rock Behind, Chasse, Hold, Shift weight

1&2 3 4 L to left, R beside L, L to left, crossrock R behind L, Recover L

5&6 7 8 R to right, L beside R, R to right, hold, shift weight onto L (clap on 7&8)

Cross, Point, Cross, Point, Cross Boxing, ChaCha

1 2 3 4 Cross R over L, Point L to left, Cross L over R, Point R to right (snap your fingers on points)

5 6 7&8 Stomp R crossed over L with long step punching your fist towards 11 o'clock,

Recover L, ChaCha in place R,L,R

Cross Boxing, ChaCha, Step, Drag, Step, Drag

1 2 3&4 Stomp L crossed over R with long step punching your fist towards 1 o'clock,

Recover R, ChaCha in place L,R,L

5 6 7 8 Long step back on R, drag L & touch beside R, Long step back on L, drag R & touch beside L

Cross, Point, Cross, Point

1 2 3 4 Cross R over L, Point L to left, Cross L over R, Point R to right (snap your fingers on points)

Repeat Last 48 counts in Section B - starting with Stepturn!

Ending:

Weave left, Cross rock, Chasse right

1 2 3 4 Cross R over L, L left, Cross R behind L, L left,

5 6 7&8 Cross rock R over L, Recover L, R to right, L beside R, R to right

Weave right, Cross rock, Chasse left 1/4 left

1 2 3 4 Cross L over R, R right, Cross L behind R, R right,

5 6 7&8 Cross rock L over R, Recover R, L to left, R beside L, L to 1/4 left

3/4 left with pose

On ball of L pivot ¾ left ending on L with R slightly hitched touching to right diagonal and both arms stretched in a nice pose

Note: In the later part of section C you are punching the 11 & 1 o'clock mark with your fists. In the original performance of this song the artist smashed two walls of glass...so give it your best shot! =)

HAVE FUN!