

Dopamina

拍数: 56 墙数: 2 级数: Improver / Easy Intermediate
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音乐: Dopamina - Belinda : (3:15)



Start - On vocals, 16 beats after 1st heavy downbeat.

S1: Fwd, Together, Back, Lock, Back, Back, Recover, Fwd shuffle

1,2 Step R fwd, Step L next to R,
3&4 Step R back, Lock L across R, Step R back,
5,6 Rock L back, Rock R fwd,
7&8 Step L fwd, Close R to L, Step L fwd

S2: Fwd, Pivot ½ left on R, Sailor ¼ turn, Side together x2,

1,2 Step R fwd, Pivot ½ left on R sweeping L from front to back, 6.00
3&4 Step L behind R making ¼ turn left, Step R to right side, Step L across R, 3.00

Funky option for counts 5, 6, 7, 8 - Side together x2,

5 Step R to right side on bent R knee and straightened L weight on both feet
[toes pointing slightly to right],
6 Step L next to R,
7 Step R to right side on bent R knee and straightened L weight on both feet
[toes pointing slightly to right],

8 Step L next to R,

Optional arm styling for counts 5, 6, 7, 8 –

5 Lift arms to shoulder height bending at elbows with R forearm pointing up and L pointing down
6 Return arms to original position
7 Lift arms to shoulder height bending at elbows with R forearm pointing up and L pointing down
8 Return arms to original position]

Easier option for counts 5, 6, 7, 8- Vine to the right

5,6 Step R to right side, Cross L behind R,
7,8 Step R to right side, Step L across R

S3: Rock fwd back, Triple turn ½ right, Rock L R, Sailor step

1,2 Rock R fwd, Recover L back,
3&4 Step R back making ¼ turn right, Close L next to R, Step R fwd making ¼ turn right, 9.00
5,6 Rock L to left, Rock R to right,
7&8 Cross L behind R, Rock R to right, Recover L to left

S4: Cross, Side, Back, Step, Heel, Step, Fwd, Touch, Coaster step

1,2 Step R across L, Step L to left side,
3&4 Step R back, Step L next to R, Touch R heel fwd to right diagonal, 9.00
&5,6 Step R next to L, Step L fwd, Touch R to L,
7&8 Step R back, Close L to R, Step R fwd

S5: Fwd, Scuff, Fwd shuffle, Step, Pivot ¾ right, Fwd shuffle

1,2 Step L fwd, Scuff R fwd,
3&4 Step R to fwd, Close L to R, Step R fwd,
5,6 Step L fwd, Pivot ¾ right [weight to R], 6.00
7&8 Step L fwd, Close R to L, Step L fwd

S6: Fwd, Lock, Fwd, Lock, Fwd, Rock fwd back, Run back L, R, L

1,2 Step R fwd, Lock L behind R,
3&4 Step R fwd, Lock L behind R, Step R fwd,
5,6 Rock L fwd, Recover R back,
7&8 Run back L, R, L

Restart here during wall 2 – facing 12.00

Restart here adding 8 count Tag during wall 5 – facing 6.00

S7: Rock R L, Cross shuffle, Rock L R, Fwd shuffle

1,2 Rock R to right side [slightly back], Recover L to left side,
3&4 Step R across L, Step L to left side, Step R across L, 6.00
5,6 Rock L to left side, Recover R to right,
7&8 Step L fwd, Close R next to L, Step L fwd

REPEAT

Restart – During wall 2

Restart - after count 7&8, Section 6 [Run back L, R, L] You will be facing 12.00.

Tag and restart – During wall 5

Add 8 count tag after count 7&8, Section 6 [Run back L, R, L]. You will be facing 6.00

1,2,3,4 Step R fwd [slightly out], HOLD, Step L fwd [slightly out], HOLD,
5,6,7,8 Step R back, HOLD, Step L back, HOLD

Ending- During wall 6 after count 7&8, Section 6 [Run back L, R, L]

You will be facing 6.00

Step R fwd, Turn ½ left stepping L fwd with attitude!
