

Like Water

拍数: 32 墙数: 4 级数: Phrased Intermediate
编舞者: Michele Perron (CAN) - February 2012
音乐: Like Water - Ladi6 : (Album: The Liberation of..., Saint-Germain-des-Pres Café,
Like Water - Single)



Split Floor Suggestion: Funk Shui

Music Selections: West Coast Swing – R&B, HipHop

Introduction: 16 Counts - CW Rotation.

Sec. I (1- 8) FORWARD, &-BACK-&-SIDE-&-FORWARD/HITCH, SIDE-RECOVER-ACROSS, SIDE-RECOVER-ACROSS

1,&,2 RIGHT Step forward, LEFT Rock/Step forward, RIGHT Recover/Step back
&,3 LEFT Rock/Step side L, RIGHT Recover/Step side R [in place]
&,4 LEFT Rock/Step back, RIGHT Recover/Step forward [in place] with L knee/hitch
5,&,6 LEFT Rock/Step side L, RIGHT Recover/Step side R [in place], LEFT Step across front of R
7,&,8 RIGHT Rock/Step side R, LEFT Recover/Step side L [in place], RIGHT Step across front of L

Sec. II (9-16) TRIPLE TURN, FORWARD-TURN-FORWARD, WALK, WALK, FORWARD-RECOVER-BACK [SALSA BASIC]

1,&,2 LEFT Triple side L with 1/4 Turn L [L side, R tog, L turn/forward] [9 o'clock]
3,&,4 RIGHT Step forward, Turn 1/2 L with LEFT Step forward, RIGHT Step forward [3 o'clock]
5,6 LEFT, RIGHT Steps forward
7,&,8 LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step back [Salsa basic]

Sec.III (17-24) TURN,TURN/SPIN, TRIPLE FORWARD, FORWARD, TURN/SPIN, TRIPLE FORWARD

1,2 Turn 1/2 R with RIGHT Step forward, Turn 1/2 R on RIGHT Toe/ball (L foot beside R ankle/foot) [3 o'clock]
3,&,4 LEFT Triple forward [L forward, R together, L forward]
5,6 RIGHT Step forward, Turn 1/2 R on RIGHT Toe/ball (L foot beside R ankle/foot)
7,&,8 LEFT Triple forward [L forward, R together, L forward] [9 o'clock]

Sec.IV (25-32) ACROSS-SIDE-BEHIND, TURN, FORWARD, TURN-ACROSS-SIDE, DRAG, DRAG

1,&,2 RIGHT Step across front of L, LEFT Step side L, RIGHT Step crossed behind L
3,4 Turn 1/4 L with LEFT Step forward, RIGHT Step forward [6 o'clock]
&,5,6 Turn 1/4 L with LEFT Step side L, RIGHT Step across front of L, LEFT 'Large' Step side L [3 o'clock]
7,8 RIGHT Slide/Drag to beside L for 2 counts

• Note: Counts &, 5, 6 - travel side L

Begin Again

BRIDGE: occurs three times, facing 6, 9, 12 o'clock walls. Sequence: 32, 32, Bridge, 32, Bridge, 32, Bridge, 32 to end.

Bridge: 16 Counts

1,2,3,4 RIGHT Step forward, LEFT Slide/Drag to R, LEFT Toe/Touch side L, LEFT Step beside R
5,6,7,8 RIGHT Step forward, Turn 1/2 L with LEFT Step forward [in place], RIGHT Step forward, LEFT Step forward

Repeat above 8 Counts

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