

Humanised

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Scott Blevins (USA) & Jo Thompson Szymanski (USA) - November 2012
音乐: Humanised (feat. Bajka) - Sola Rosa : (Album: Get It Together, single or album)



Instructional video of "Humanised" available on www.LineLessons.com

[1 – 8] HITCH, ROLL, ROLL, ROCK, RECOVER, 1/4 RIGHT, STEP, PIVOT, ¼ ROCK, RECOVER, CROSS

- &1-2 &) Hitch L knee; 1) Touch L toe to left while rolling L knee counter clockwise;
2) Roll L knee counter clockwise and take weight on L
3&4 3) Rock R across L; &) Recover weight to L; 4) Turn ¼ right stepping R forward [3:00]
5-6 5) Step L forward; 6) Pivot ½ right taking weight on R [9:00]
7&8 7) Turn ¼ right rocking L to left [12:00]; &) Recover to R; 8) Step L across R

[9-16] ¼ CROSS, POINT, CROSS, ¼ BACK , ¼ SIDE, SAILOR STEP, BEHIND, SIDE, CROSS

- &1-2 &) Turn ¼ right stepping R across L [3:00]; 1) Point L to left; 2) Step L across R
3-4 3) Turn ¼ left stepping R back [12:00]; 4) Turn ¼ left stepping L to left [9:00]
5&6 5&6) Right Sailor Step R-L-R
7&8 7) Step L behind R; &) Step R to right; 8) Step L across R

[17-24] SIDE, TOGETHER, CROSS, 1/4, 1/4, CROSS, 1/8 CROSS, 1/4 BACK, SIDE, TOGETHER, SIDE, TOGETHER

- &1-2 &) Step R to right angling body slightly to left; 1) Step L next to R; 2) Step R across L
3&4 3) Turn ¼ right stepping L back [12:00]; &) Turn ¼ right stepping R to right [3:00];
4) Step L across R
5-6 5) Turn 1/8 right step R across L [5:00]; 6) Turn ¼ right stepping L back [7:00]

Note: On the next few steps you will be facing 7 O'clock while moving sideways towards 11 O'clock.

- 7&8& 7) With both knees bent, step ball of R to right as you open your knees; &) Keeping knees bent, step ball of L next to R as you close knees; 8&) Repeat 7&

[25-32] SKATE, SKATE, MAMBO FORWARD, MAMBO BACK, STEP, PIVOT, CROSS

- 1-2 1) Turn ¼ right skating R forward and on a diagonal toward 11 O'clock; 2) Turn 3/8 left skating L forward squaring up to 6 O'clock
3&4 3) Rock R forward; &) Recover to L; 4) Step R back
5&6 5) Rock L back; &) Recover to R; 6) Step L forward
7&8 7) Step R forward; &) Pivot ¼ left taking weight on L [3:00]; 8) Step R across L

Tag: The 16 counts below will be done at the end of wall 1 facing original 3 O'clock, wall 2 facing original 6 O'clock and wall 3 facing original 9 O'clock.

When you complete the Tag you will be facing the same direction you started it and you will go directly into the main dance at the top with the hitch on '&'.

[1-8] SIDE, CROSS, OUT, OUT, SIDE, CROSS, ROCK, RECOVER, CROSS

- 1,2,3,4 1) Step L to left; 2) Step R across L; 3) Step L to left pushing hip to left; 4) Step R to right pushing hip to right
5-6 5) Step L to left; 6) Step R across L
7&8 7) Rock L to left side; &) Recover to R; 8) Step L across R

[9-16] SIDE, CROSS, OUT, OUT, STEP, PIVOT, STEP, PIVOT, CROSS

- 1,2,3,4 1) Step R to right; 2) Step L across R; 3) Step R to right pushing hip to right; 4) Step L to left pushing hip to left
5-6 5) Step R forward; 6) Pivot ½ left taking weight on L
7&8 7) Step R forward; &) Pivot ½ left taking weight on L; 8) Step R across L

Begin Again and Enjoy!

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