

Trendin'

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Jo Kinser (UK), John Kinser (UK), Ruben Luna (USA) & Sobrielo Philip Gene
(SG) - January 2013
音乐: #Trendin - The Original 7ven : (Single - iTunes)



Start the dance 72 counts in after the first drum beat (0:35)

[1-8] Heel kicks In Place X3, Knees: Out-In, Rock & Rock

&1&2 Kick Rt heel fwd, Step Rt next to Lt, Kick Lt heel fwd, Step Lt to Rt
&3&4 Kick Rt heel fwd, Step Rt next to Lt, Pop both knees out, Bring knees together
5,6 Rock Rt to Rt side, Recover Lt
&7,8 Step Rt next to Lt, Rock Lt to Lt side, Recover Rt

[9-16] & Rock RLRL-Kick, Jazz Box 1/4 Turn Fwd

&1,2 Step Lt next to Rt, Rock Rt to Rt, Rock Lt to Lt
3,4 Rock Rt to Rt, Rock Lt to Lt kicking Rt foot side Rt (Styling: Use rib & shoulder isolations during rocks)
5,6 Step Rt over Lt, Step Lt Back
7,8 Make 1/4 turn Rt stepping Rt Fwd, Step Lt Fwd (3:00)

[17-24] 1/2 Turning Hip Swings, Walk Fwd, & Out, & Pop

1,2 Step Rt fwd swinging hips fwd, Make 1/4 turn Lt replacing weight Lt swinging hips Lt (12:00)
3,4 Replace weight Rt swinging hips Rt, Make 1/4 turn Lt stepping Lt fwd swinging hips fwd (9:00)
5,6 Walk Fwd Rt, Lt
&7 Step Rt to diagonal Rt, Step Lt to Lt diagonal Lt
&8 Pop both knees fwd raising both heels, Step down on both heels (weight Lt)

[25-32] Cross Heel, Side Heel, Cross Heel, 1/4 Turn Heel

1&2 Step Rt over Lt, Raise both heels, Step down on heels
3&4 Step Lt to Lt, Raise both heels, Step down on heels
5&6 Step Rt over Lt, Raise both heels, Step down on heels
7&8 Make 1/4 turn Lt stepping Lt fwd, Raise both heels, Step down on heels (weight Lt) (6:00)

(Option: Replace with toe struts here as an option taking out the syncopation 1-2, etc)

Restart facing (6:00). See Below

[33-40] Step 1/Turn, Step Lock, Walk Fwd, Step Lock

1,2 Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (12:00)
3,4 Step Rt fwd, Lock Lt behind Rt and lean back with upper body
5,6 Walk fwd Rt, Lt
7,8 Step Rt fwd, Lock Lt behind Rt and lean back with upper body

[41-48] Walk Fwd, Full Turn Rt, Walk Back, Back-1/4 Turn Point

1,2 Step Rt fwd, Step Lt fwd
3,4 Make 1/2 turn Rt stepping Rt fwd, (6:00) Make 1/2 turn Rt stepping Lt back (12:00)
5,6 Walk back Rt, Lt (with attitude)
7&8 Walk back Rt, Make 1/4 turn Lt stepping Lt to Lt, Point Rt to Rt (9:00)

[49-56] Rolling Vine with a Point, Side-Behind, 1/4 Fwd

1,2 Make 1/4 turn Rt stepping Rt fwd (12:00), Make 1/2 turn Rt stepping Lt back (6:00)
3,4 Make 1/4 turn Rt stepping Rt to Rt, Point Lt to Lt (9:00)
5,6 Step Lt to Lt, Step Rt behind Lt

7,8 Make 1/4 turn Lt stepping Lt fwd, Step Rt fwd (6:00)

[57-64] Rock Recover, Coaster Step, Horse Gallop In-Place

1,2 Rock Lt fwd, Recover weight Rt

3&4 Step Lt back, Step Rt next to Lt, Step Lt fwd

&5&6 Step Rt to Rt, Step Lt To Lt, Step Rt in place, Step Lt in place (Gallop)

&7&8 Step Rt in place, Step Lt in place, Step Rt in place, Step Lt in place (Gallop)

Restart: During wall 3 after 32 counts restart the dance you will be facing 6:00

Tag: After wall 4 the music will stop for 4 counts you will be facing 12:00. Strike a pose with attitude, start dance over when music resumes.

Ending: Turn to face the front.

Co-choreographers: 01/13

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