

Settle Down Mini

拍数: 48 墙数: 1 级数: Novice +
编舞者: Fabien REGOLI (FR) - January 2013
音乐: Settle down by Syndie shepherd



First Tag : end of the 3rd wall, dance again section from 33-48,
Restart : late 4th wall dance again at the end of the 40th day,
2nd Tag : end of the 5th wall, dance again section 33-48
Restart : the 6th wall at the end of the section from 25 to 32 and 1 to 2 run pause and Resume the dance
Restart : the 7th wall at the end of section 25A and 32 to 2 run one pause and Resume the dance
Final finish with section 33-48

[1 à 8] RUMBA BOX, WALK FOWARD X2, PIVOT ½ TURN,PIVOT ½ TURN

1&2 Step right to right, step left beside right, step right forward
3&4 Step left to left, step right beside left, step left forward
5-6 Step right back, step left back
7-8 Pivot ½ turn right, pivot ½ turn right based PG

[9 à 16] SAILOR STEP LEFT,SAILOR STEP RIGHT,STEP PD ¼ TURN L,STEP PD ¼ TUNR L

1&2 Cross right behind left, left uncrossed side left, step right forward
3&4 Cross left behind right, right uncrossed side right, step left forward
5-6 Step right ¼ turn to
7-8 Step right ¼ turn to

[17 à 24] HALL JACK X2, WALK,WALK, KICK BALL POINTE

1&2& Cross right over left, step left to left heel forward, step right beside left
3&4& Cross left over right, right to left, left heel forward, step left next to right
5-6 Step right forward, step left forward
7-8 Kick right forward, bear right, left toe to left

[25 à 32] WALK, WALK,KICK BALL POINTE,STEP ½ TURN,RUN,RUN,RUN

1-2 Walk forward on left, step right forward March
3&4 Kick L forward, turn left support, toe to
5-6 Step right forward, turn ½ G
7&8 Run,run,run

[33 à 40] SIDE, STOMP, SIDE, STOMP, SIDE, TOGETHER, SIDE, STOMP

1-2 Step left to left side, stomp right beside left
3-4 Step right to right side, stomp left beside right
5-6 Step left to left, step right beside left
7-8 Step left to left, stomp right beside left

[41 à 48] SIDE, STOMP, SIDE, STOMP, SIDE, TOGETHER,ROCK STEP SIDE

1-2 Step right to right side, stomp left beside right
3-4 Step left to left side, stomp right beside left
5 -6 Step right to right, step left beside right
7-8 Rock right to right - Back on PG

START OVER AND KEEP SMILING

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