

Shhh, Just Be

拍数: 48 墙数: 1 级数: Intermediate
编舞者: Jenifer Wolf (CAN) - April 2013
音乐: Just Be - Paloma Faith : (Fall To Grace)



Intro: 24 counts, Start with vocals

(A) BOX BACK

1-2 Step R. back, Step left to left side
3 Step R. beside left (weight on right foot)
4-5 Step left forward, Step right to right side.
6 Step L. beside R. (weight on left foot)

(B) TWO TWINKLES

1-2 Step right over left, Step left to left side (face left diagonal)
3 Step R. beside L.(weight on right foot, (square off facing front wall)
4-5 Step left over right, Step right to right side (face right diagonal).
6 Step L. beside R. (square off facing front wall)

(C) STEP DIAGONAL FORWARD, BRUSH, LIFT HEEL, BACK, TOGETHER, IN PLACE

1-2 Step right foot forward as you face the corner on a left diagonal, Brush left foot up
3 Lift right heel up
4-5 Step left back, Step right beside left. (Still facing diagonal left.)
6 Step left in place as you square off with the front wall

(D) STEP DIAGONAL FORWARD, BRUSH, LIFT HEEL STEP BACK, SLIDE, TOUCH

1-2 Step right foot forward as you face the corner on a right diagonal, Brush left foot up
3 Lift right heel up.
4-5 Step back on left. (big step as you square off with the front wall), Slide Right back
6 Touch right foot beside left foot

(E) 360 deg TURN RIGHT, STEP SIDE, SLIDE, STEP

1-2-3 Turn ¼ right onto right, Turn ¼ right onto left, Turn ½ right onto right foot (pivot, full turn ends on front wall)
4-5-6 Take wide step to left, Slide right to left foot, Step right beside left foot (weight on right foot)

(F) STEP, TURN ½, STEP TOGETHER, SIDE ROCK, STEP TURN 1/2 , STEP TOGETHER, SIDE ROCK

1-2-3 Step left forward, Turn ½ right onto right foot. Step left beside right
4-5 Step right to right to right side, Step left in place (side rock) (music slows down, on 4th repetition, keep going)
6 Step right beside left foot (weight on right foot)

(G) STEP, TURN ½, STEP TOGETHER, SIDE ROCK, STEP TURN 1/2 , STEP TOGETHER, SIDE ROCK

1-2-3 Step left forward, Turn ½ right onto right foot, Step left beside right
4-5 Step right to right to right side, Step left in place (side rock)
6 Step right beside left foot (weight on right foot)

(H) ¼ TURNS, SIDE WALL, FRONT WALL, REPEAT, (FEELS LIKE DIAGONALS), TOUCH

1-2 Turn ¼ left as you step back on left foot, Step back right beside left. (side wall, 9:00 o clock)
3 Turn ¼ right as you step onto left foot (front wall, 12:00 o clock)
4-5 Turn ¼ right as you step back on right foot, Step back left beside right (side wall, 3:00 o clock)

6 Turn ¼ left as you pivot on left foot then touch right beside left foot (weight on left foot, front wall, 12:00 o clock)

Tag; end of 4th repetition, facing front wall, weight on left foot, hold for 6 counts - Begin Again.

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