

Emotion

拍数: 32 墙数: 4 级数: Improver - Cuban rumba
编舞者: Ron van Oerle (NL) - May 2013
音乐: Emotion - Destiny's Child



Intro Counts: 16

[1 t/m 8] Hold (With Hip Action), Right Step Back, Together, Right Step Forward, Hold (With Hip Action), Left Step Forward, ½ Turn Left, ¼ Turn Left

Start position: Left Foot is Back, weight is on Left Foot (5th P)

- 1 . Hold (Move your upper body backwards followed by your Left Hip)(5th P)
- 2 . RF step Back (4th P)
- 3 . LF step next to RF (1st P)
- 4 . RF step Forward (5th P)
- 5 . Hold (move your upper body forward so that your Right Hip will go forward)(5th P)
- 6 . LF step Forward (5th P)
- 7 . Make a ½ Turn Left on your LF and RF step Back (5th p)
- 8 . Make a ¼ Turn Left on your RF and LF step to the Left side (2nd P)

[9 t/m 16] Hold (With Hip Action) Right Rock Step Back, ¼ Turn Left, Hold (With Hip Action), Left Cross Rock Step, Side Step left

- 1 . Hold (Move your upper body to the Left followed by your Left Hip)(2nd P)
- 2 . RF Rock Back (5th P)
- 3 . LF replace weight (5th P)
- 4 . Make a ¼ Turn Left on your LF and RF step to the Right (2nd p)
- 5 . Hold (Move your upper body to the Right followed by your Right Hip)(2nd P)
- 6 . Turn 1/8 Right on RF and LF Rock into Right Diagonal (5th P)
- 7 . RF replace weight (5th P)
- 8 . Turn 1/8 Left on RF and LF step to the Lefts Side (2nd P)

Restart here during Wall 8.

[17 t/m 24] Hold (With Hip Action), Right Rock Step Back, ¼ Turn Right, Hold (With Hip Action), Step Forward left, ¾ Turn Right, Side Step Left

- 1 . Hold (Move your upper body to the Left followed by your Left Hip)(2nd P)
- 2 . RF Rock Back (5th P)
- 3 . LF replace weight (5th P)
- 4 . Make a ¼ Turn Right on your LF and RF step forward (5th P)
- 5 . Hold (Move your upper body forward followed by your Right Hip (5th P)
- 6 . LF step forward (5th P)
- 7 . Make a ¾ Turn Right on ball of LF and the replace weight on RF (2nd P Locked)
- 8 . LF step to the Left Side (2nd P)

Restart here during Wall 4.

[25 t/m 32] Hold (With Hip Action), Right Rock Step Back, ¼ Turn Left, Hold (With Hip Action), Walk Steps Back (L,R,L)

- 1 . Hold (Move your upper body to the Left followed by your Left Hip)(2nd P)
- 2 . RF Rock Back (5th P)
- 3 . LF replace weight (5th P)
- 4 . Make a ¼ Turn Left on your LF and RF step Back (5th P)
- 5 . Hold (Move your upper body backwards followed by your Right Hip)(5th P)
- 6 . LF step Back (5th P)
- 7 . RF step Back (5th P)

There are two restarts in this dance.

Restarts are during Wall 4 after 24 counts and during wall 8 after 16 counts.

Please remember that during count 1 and 5 you always move your body and hips.

You just don't make a step.

All steps are danced with follow through.

Contact: RLC (Ron's Linedance Club)(www.rons-linedance-club.nl)
