

Compass or Map

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Tajali Hall (CAN) - May 2013
音乐: Compass or Map - Robin Thicke : (iTunes)



38 second intro (dance starts at 0:39)

HIP ROLL, HIP BUMP, SYNCOPATED ROCK & CROSS, WEAVE WITH ¼ TURN

- 1-2-3 With feet slightly apart and weight centered, roll hips counter-clockwise ending with weight on right foot and right hip pushed out to right side
- &4& Bump hips left, right, left ending with weight on left foot and left hip pushed out to left side
- 5&6 Rock right to right side, recover weight to left, cross right over left
- 7-8& Step left to left side, step right behind left, ¼ turn left stepping forward on left (9:00)

WALK FORWARD x2, ½ CHASE TURN, SYNCOPATED ROCKING CHAIR, KNEE LIFT, SMALL RUNS FORWARD x2

- 1-2 Walk forward right, walk forward left
- 3-4& Step forward on right, pivot ½ turn left transferring weight to left, step forward on right (3:00)
- 5&6& Rock forward on left, recover weight to right, rock back on left, recover weight to right
- 7-8& Step forward on left while lifting right knee slightly (keep it tucked in close to left leg), step forward on right, step forward on left (small steps/runs)

WALK FORWARD x2, ENGLISH CROSS x2, ½ CHASE TURN

- 1-2 Walk forward right, walk forward left
- &3-4 ¼ turn left stepping right to right side (12:00), cross left over right, ¼ turn right stepping right forward (3:00)
- &5-6 ¼ turn right stepping left to left side (6:00), cross right over left, ¼ turn left stepping left forward (3:00)
- 7&8 Step forward on right, pivot ½ turn left transferring weight to left, step forward on right (9:00) prepping for right turn

TRIPLE TURN, SAILOR STEP, ¼ TURN SAILOR STEP, ½ TURN, ¾ TURN

- 1&2 ½ turn right stepping back on left (3:00), ½ turn right stepping forward on right (9:00), ¼ turn right stepping left to left side (12:00)
- 3&4 Cross right behind left, step left to left side, step right to right side
- 5&6 Cross left behind right making ¼ turn left (9:00), step right to right side, step left slightly forward
- 7&8& Step forward on right, pivot ½ turn left transferring weight to left (3:00), step forward on right, pivot ¾ turn left (6:00)

Note: Don't worry about completing the full ¾ turn on counts "8&". You can finish the turn as you start the beginning of the dance with the hip roll.

START AGAIN

TAG: Happens after wall 2 before beginning wall 3 (facing 12:00):

- 1-2-3-4 Slow hip roll counterclockwise over four counts ending with weight centered
- 5-6-7-8 Slow hip roll clockwise over four counts ending with weight centered

RESTART: Happens on wall 7 after 28 counts. Dance the first sailor step after the triple turn (weight should end on right and you'll be facing 12:00) then Restart the dance.

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