

Watch Out For This

拍数: 80 墙数: 0 级数: Phrased Intermediate / Advanced
编舞者: Aurelie Bernard & Mickael Godeau (BEL) - July 2013
音乐: "Watch out for this" by Major Lazer



Séquence : ACC BBA BBA ACC BBA BBA AA

Part A - 32 counts

Basic samba step right, basic samba step left, step forward, half turn right with a hitch, lock step forward.

1&2 RF step side, close left to right, cross RF over left.
3&4 LF step side, close RF to LF, cross LF over RF
5-6 step RF forward - Hitch LF up, while doing this turn ½ right.
7&8 LF step forward, RF next to LF, LF step forward

Mambo right forward, mambo left back, and lock, 1/2 turn left, body movement

1&2 RF step forward, Recover on LF, RF next to LF.
3&4 LF step back, recover on RF, LF next to RF
&5-6 RF step forward, LF lock behind RF – half turn left
7-8 shake your body like a samba

Point heel flick, cross shuffle right, volta step x4 with 1 1/8 turn right

1&2 RF point side LF, RH side of LF, flick RF
3&4 RF cross over LF, close LF next RF, cross RF over LF
&5 turn¼ R LF side step, RF cross over LF
&6 turn¼ R LF side step, RF cross over LF
&7 turn¼ R LF side step, RF cross over LF
&8 turn¾ R LF side step, RF cross over LF

Press, close, walk, walk, samba walk syncopated with a LF hitch half turn R, coaster step.

1&2 press LF forward, recover on RF, close LF side RF
3-4 RF step forward, LF step forward
5&6& RF step forward, LF next to RF, RF step forward, 1/2T R on RF with a LF hitch
7&8& LF step back, RF close side LF, LF step forward, RF point side of LF.

Part B - 16 counts

Side, close, bodyroll, 1/8R coaster step, pirouette R, falling press

1&2 step side RF, close with LF and change the weight (with shaking body)
3&4 step side RF, body roll from L to R, close LF to RF and finish the weight on LF
5&6 1/8t R step back RF, close LF to RF, RF step forward
7 1turn on RF in pirouette
8 finish the turn on the ball of the foot RF&LF

Press, sweep, behind side cross RF with ¼ L, ¾ rolling syncopated bodyroll

1-2 RF press forward, sweep RF
3&4 cross RF behind, LF side step, 1/4L step RF forward
5&6 step forward LF, ½L Step RF back, ¼L step side LF
7-8 body roll from RtoL touch RF side LF

Part C - 32 counts

Standing rolls, samba rolls,

1-2-3-4 full turn with the body (rolls)
5&6 1/4L LF step forward, ½ LF step back, cross LF over RF
7&8 RF step back, 1/4L LF side step, RF tush side LF

samba rolls+1/2touch, bratucadas.

1&2 1/4L LF step forward, ½ LF step back, cross LF over RF
3&4 1/4L RF step back, 1/4L LF side step, 1/4L RF tush side LF
&5 RF step back, touch LF and push the hips
&6 LF step back, touch RF and push the hips
&7 RF step back, touch LF and push the hips
&8 LF step back, touch RF and push the hips

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