

Do The Butterfly

拍数: 32 墙数: 4 级数: Intermediate
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音乐: My Man Music - Stooshe



After the beat kicks in Start after 32 count intro when they say '123 break it down!'

[1-8] Step L, step R, pull your knees tight, do the butterfly, to the side, to the side

1-2 Step L out, step R out
3-4 Turn L knee in towards centre (weight on L toes), turn R knee in towards centre (weight on R toes)

As you turn L knee in press L elbow into waist, rotate forearm inwards/outwards at a right angle with palm of hand upwards (imagine holding a plate), as you turn R knee in press R elbow into waist, rotate forearm inwards/outwards at a right angle with palm of hand upwards (imagine holding a plate) - You are now standing on the balls of your feet knees together, elbows at waist level, forearms out straight from elbows, hands up!

5-6 Butterfly:

As you rotate your knees out your weight transfers to the outside of your feet at the same time you take your hands turn the palms downwards to the floor (your elbows out to the side) and criss cross in front of your torso and as the weight transfers onto the soles of your feet take your hands out palms upwards to the ceiling & quickly bring back in criss crossed in front, palms down & then drop back to normal position weight on L foot. This is all done very quickly but it works!

NB: All arm movements are optional but good fun to try!

Easier option 5-6: Circle R knee out, circle L knee out (add R arm circle, then L arm circle if you want)

7&8& Touch R side, step R together, touch L side, step L together

[9-16] R side, L back rock/recover, ¼ L, R fwd, ½ L, ½ L, L back, R coaster cross

1,2&3 Step R side, rock back on L, recover weight on R, turning ¼ left step L forward (9 o'clock)
4&5 Step R forward, pivot ½ left, turning another ½ left step R back (9 o'clock)
6 Step L back
7&8 Step R back, step L together, cross step R over L

[17-24] L box fwd, R box back, L coaster heel, L back, R scuff & fwd step, L touch & together

1&2 Step L side, step R together, step L forward
3&4 Step R side, step L together, step R back
5&6&& Step L back, step R together, touch L heel forward, step L back
7& Scuff R forward, step R forward
8& Touch L behind, step L together

[25-32] R fwd, ½ L pivot turn, R shuffle forward, ¼ R & L side, R sailor, L behind, ¼ R & R fwd

1-2 Step R forward, pivot ½ left (3 o'clock)
3&4 Step R forward, step L together, step R forward
5 Turning ¼ right step L side (6 o'clock)
6&7 Cross step R behind L, step L side, step R side and slightly forward on diagonal
&8 Cross step L behind R, turning ¼ right step R forward (9 o'clock)

END: Wall 9 facing front: dance 1st 16 counts changing the coaster cross to back, together, turning ¼ right to face front wall cross step R over L, HOLD.

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