

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Séverine Fillion (FR) - September 2013
音乐: A.M. - Chris Young : (Album: A.M.)



Intro : 16 + 16 counts

[1-8] SCUFF, HITCH, SIDE STOMP, TOE HEEL SWIVEL INSIDE, SWIVETS, HEEL SWITCH

1&2 Scuff right heel, right hitch, Stomp right to the right (keep weight on left)

Style option : Turn your head to the right side on count 2

3&4 Swivel right toe to the left, swivel right heel to the left, swivel right toe to the left

Style option : Turn quickly your head to the left side on count 4

5& Swivet right : Swivel right toe to the right & left heel to the left, recover to the center

6& Swivet left : Swivel left toe to the left & right heel to the right, recover to the center

7&8& Touch right heel fwd, recover on right, touch left heel fwd, recover on left

[9-16] STEP LOCK STEP FWD, STEP 1/2 TURN STEP, FULL TURN, 1/4 TURN IN 2 STOMP-UP

1&2 Right step fwd, "lock" left cross behind right, right step fwd

3&4 Left step fwd, turn ½ right, left step fwd 6 :00

5-6 ½ turn left stepping right back, ½ turn left stepping left fwd

Easier Option for 5-6 : Walk right fwd, walk left fwd

7 Turn 1/8 left on left foot with right stomp-up slightly right side

8 Turn 1/8 left on left foot with right stomp-up slightly right side *RESTART 3 :00

[17-24] KICK FWD, 1/2 TURN & KICK FWD, STOMP-UP x 2, ROCK BACK, SCUFF, STOMPS OUT, CROSS TOUCH, UNWIND 1/2 TURN

1& Kick right fwd, right step next to left

2& ½ turn left and left kick fwd, left step next to right 9 :00

3& Stomp-up right x 2 next to left (keep weight on left)

4& (jumping :) Rock back on right with left kick fwd, recover on left

5&6 Scuff right, stomp right to the right, stomp left to the left

7 Touch right ball cross over left

8 Unwind ½ turn left with knee bend (keep weight on left) 3 :00

[25-32] (STOMP FWD, TOE FAN, HEEL BOUNCE, COASTER STEP) RIGHT & LEFT

1& Stomp right fwd (right toe inside), swivel right toe to the right

2 Lift and drop right heel in place (keep weight on left)

3&4 Right step back, left next to right, right step fwd

5& Stomp left fwd (left toe inside), swivel left toe to the left

6 Lift and drop left heel in place (keep weight on right)

7&8 Left step back, right next to left, left step fwd

Start again and enjoy !

RESTART : On wall 3 at 9 :00 after 16 counts

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