

Makeema

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Martin Fröde - September 2013
音乐: Makeema (Radio Edit) - Two In One



Start 32 Counts after Lyrics begin
Sequence AAB AB AA(16Counts)B AB AAB A Ending

Part A: 32 Count

[1-8] Side Rock, Cross Shuffle, Side Rock, Cross Shuffle

1,2 Rock R to R side, Recover on L
3&4 Cross R over L, Step L to L side, Cross R over L
5,6 Rock L to L side, Recover on R
7&8 Cross L over R, Step R to R side, Cross L over R

[9-16] ¼ Turn R, Step L, Kick Ball Step, ½ Monterey Turn

1,2 ¼ turn R - Step R to R side, Step L fwd
3&4 Kick R fwd, Step R next to L, Step L fwd
5-6 Touch R to R side, ½ turn R by stepping R together
7-8 Touch L to L side, step L beside R

* Restart here on Wall 7 with Part B

[17-24] Jazz Box, R fwd Shuffle, Rock Step

1,2,3,4 Cross R over L, Step back on L, Step R to R side, Step L fwd
5&6 Step fwd on R, Close L to R, Step fwd on R
7,8 Rock L fwd, Recover on R

[25-32] L Back Shuffle ½ Turn, R Shuffle ½ Turn, Back Rock, Kick Ball Touch

1&2 Shuffle ½ Turn stepping L,R,L
3&4 Shuffle ½ Turn stepping R,L,R
5,6 Rock Back on L, Recover on R
7&8 Kick L fwd, Step L next to R, Touch R beside L

Part B: 32 Count

[1-8] Cross Back Heel & Cross Back Heel & Rock Step, Back Shuffle &

1&2& Cross R over L, Step Back on L, Touch R Heel fwd, Step R beside L
3&4& Cross L over R, Step Back on R, Touch L Heel fwd, Step L beside R
5,6 Rock R fwd, Recover on L
7&8& Step Back on R, Step L beside R, Step Back on R, Step L beside R

[9-16] Cross Back Heel & Cross Back Heel & Rock Step, Back Shuffle & Repeat first 8 Counts

[17-24] Cross, Side, Sailor Step, Cross, Side, Sailor Turn

1,2 Cross R over L, Step L to L Side
3&4 Cross R behind L, Step L beside R, Step fwd on R
5,6 Cross L over R, Step R to R Side
7,8 Cross L behind R, Turn ¼ L and Step R beside L, Step fwd on L

[25-32] ¼ Turn L, ½ Turn L, ¼ Turn L Chasse, Coaster Step, Kick Ball Step

1,2 Make ¼ turn left stepping back on R, Make ½ turn left stepping fwd on L
3&4 Make ¼ turn stepping R to R Side, Step L beside R, Step R To R Side
5&6 Step L Back, step R next to L, Step L fwd

7&8 Kick R fwd, Step R next to L, Step L fwd

*** One Restart on Wall 7 after 16 Counts**

Ending : ½ Pivot Turn, Kick Ball Step,

1,2 Step fwd on R, Pivot ½ Turn L

3&4 Kick R fwd, Step R next to L, Step L fwd

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