

Liquid Spirit

拍数: 48
编舞者: Kate Sala (UK) - March 2014
音乐: Liquid Spirit - Gregory Porter

墙数: 4

级数: Easy Intermediate



Start after a 32 count intro.

Stomp, Clap x 4, Step Forward, Jazz Box.

1&2&3&4 Stomp on R slightly forward to R diagonal, Clap, Repeat the stomp & Clap 3 more times
(Keep weight on L foot for 3 stomps, transfer weight to R foot on the 4th stomp).

5 - 8 Step forward on L. Cross step R over L. Step back on L. Step R to right side.

Stomp, Clap x 4, Step Forward, Jazz Box.

1&2&3&4 Stomp on L slightly forward to L diagonal, Clap, Repeat the stomp & Clap 3 more times
(Keep weight on R foot for 3 stomps, transfer weight to L foot on the 4th stomp).

5 - 8 Step forward on R. Cross step L over R. Step back on R. Step L to right side.

Cross Rock, Recover, Chasse 1/4 Turn, Step Pivot 3/4 Turn, chasse Left.

1 2 *Cross rock on R over L. Recover on to L.

3 & 4 Step R to right side. Step L next to R. Turn 1/4 right stepping forward on R.

5 6 Step forward on L. Pivot 3/4 turn right. 12 o'clock

7 & 8 Step L to left side. Step R next to L. Step L to left side.

Kick & Kick & Cross Rock, Step, Cross Rock Back, Recover 1/4 Turn, Step, Pivot 1/2 Turn.

1 & 2 & Kick R across L. Step R down in place. Kick L over across R. Step L down in place.

3 & 4 Cross rock on R over L. Recover on to L. Step R to right side.

5 & 6 Cross rock on L behind R. Recover on to R. Turn 1/4 left stepping forward on L.

7 8 Step forward on R. Pivot 1/2 turn left.

(Restart from here during wall 4 facing 12 O'clock. Restart from count 17 *)

Walk x 2, Mambo Step, Stomp, Kick, Together, Swivel Toe, Heel, Toe,

1 2 Walk forward on R, L. 3 o'clock.

3 & 4 Rock forward on R. Recover on to L. Step R to right side.

5 & 6 Stomp L next to R. Lift straight left leg up like a pendulum motion to left side. Step L next to R.

7 & 8 Swivel R toe to right. Swivel R heel to right. Swivel R toe to right. (weight on R).

Toe Strut, Toe Strut 1/4 Turn. Coaster Step, Rock, Step, Turn 1/2 Right, Turn 1/2 Right, 1/4 Turn.

1 & Step on L toe across R. Drop L heel down.

2 & Turn 1/4 left stepping back on R toe. Drop R heel down. 12 o'clock

3 & 4 Step back on L. Step ball of R next to L. Step forward on L.

5 6 Rock forward on R. Recover on to L.

7 8 Turn 1/2 right stepping forward on R. Turn 1/2 right stepping back on L.

& Turn 1/4 right on L foot ready to stomp on to the R to start the dance again. 3 o'clock

Note: 1 Restart, During wall 4, after count 32.

Restart from count 17 facing the front wall with Cross Rock, Recover, Chasse 1/4 Turn Right.