

Unsteady

拍数: 48 墙数: 0 级数: Phrased Advanced
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音乐: Unsteady - X Ambassadors



16 counts intro - Sequence: B, A (8 counts), A, B, B, A, B, B, B

Part B:

[1-8] Step sweep, cross, back, behind, sweep, behind side cross, 3/4 turn, stepx2, backx3

- 1 Cross left over right as you sweep right around in front 2 a cross right over left, step back on left 3 step right behind left as you sweep left around behind right
- 4&a step left behind right, step right to right side, cross left over right
- 5 step right to right side as you making 3/4 spiral turn left on right foot
- 6&a7 step forward on left, step forward right, step forward left, step forward on right as you hitch left up slightly as you bring arms up
- 8&a step back left, right, left as you drop arms

[9-1] 1/4 turn, sway x 2, 1/2 hinge turn, sway x 4 with hand moves

- 1 make 1/4 turn right stepping right to right side while swaying body to right side
- 2-3 sway body left, sway body right
- 4 step down on left making 1/2 hinge turn back over right
- 5-6 sway right while bringing left arm up bent at elbow, sway left while bringing right hand across under chin and up left side of face,
- 7-8 a sway right while bringing right hand across brow, sway left while bringing right hand down right side of face. Drop hands and step right beside left

Part A:

[1-8] Jump, arms, ball side, recover, back, 1/4 turn, turn head

- 1 jump feet shoulder width apart
- 2 swing your right arm out and across body at chest height
- &a bring right arm in towards chest right palm facing down as you bring left hand up and palms together (left fingers pointing to right, right fingers to left) rotate both fingertips up and continue rotating until left palm is on top and right palm is underneath and then slide fingertips apart as pulling arms out to either side slightly.
- 3 reach right arm across body to the left diagonal forward (as if reaching for someone) weight will transfer to left
- 4 pull right arm in to chest now facing 12 o'clock and weight to right
- &a5 step left next to right, step right to right side, look to right (as you drop arms)
- 6 step left to left as you raise arms slightly out to either side with clinched fist
- &a7 push arms down, grab left elbow with right hand, make a 1/4 turn back to right stepping on right as you throw right elbow to right side
- 8a look left, center,

[9-16] 1/4 turn, arms up, drop, 1/4 , recover with prep, (3/4 or 1 &3/4), ball step, step

- 1 make 1/4 turn left stepping forward on left as you start to bring both arms straight up
- 2 a rms up bent at elbows slightly with fists clenched touching right next to left
- &a3 open hands, close hands, drop head and upper body as you step down on right
- 4 make a 1/4 turn to left stepping on left as you drop hands
- 5 recover on right prep upper body to turn to left
- 6 make a 3/4 or a 1&3/4 turn to left on left foot
- 7&a step down on right, step together with left, step forward on right
- 8 step forward on left as you bring both arms straight up with clinched fist

[17-24] Jump back, lean, ball cross, step, 1/4 , press drop x 2, recover, 3/4 turn, side, behind,side

- 1 jump out feet shoulder width apart
- 2 lean body to left side
- &a3 step right next to left, cross left over right, step diagonally forward on right as you bring arms up and crossed over chest (left arm outside)
- 4 make a 1/4 turn to left as you press forward on left foot as you extend right hand back
- a 5 drop slightly on to left press, repeat as you drop head further each time
- 6 recover on right prep upper body to turn
- 7 make a 3/4 turn to left on left
- 8&a step right to right side, step left behind right, step right to right

[25-32] Repeat counts 17-24

- 1 jump out feet shoulder width apart
- 2 lean body to left side
- &a3 step right next to left, cross left over right, step diagonally forward on right as you bring arms up and crossed over chest (left arm outside)
- 4 make a 1/4 turn to left as you press forward on left foot as you extend right hand back
- a 5 drop slightly on to left press, repeat as you drop head further each time
- 6 recover on right prep upper body to turn
- 7 make a 3/4 turn to left on left
- 8&a step right to right side, step left behind right, step right to right

Note on the 1st A pattern, do the first 8 counts and then Restart the dance

And thanks to Daniel and Fred for helping me out with the demo and giving me inspiration.
