

Undo

拍数: 32 墙数: 4 级数: Intermediate NC2S
编舞者: Helena Jeppsson (SWE) - August 2014
音乐: Undo - Sanna Nielsen : (Swedish Entry at Eurovision Song Contest)



Basic nightclub R, 1/4 turn L with sweep, cross, 1/4 turn R, behind, 1/4 turn R, 1/2 turn x2

- 1, 2& Step right foot to right side, rock left foot behind right, step right foot across left
- 3 Make a 1/4 turn L stepping forward on left foot, sweeping right back to front
- 4& Cross right foot in front of left, step back on left foot
- 5 Make a 1/4 turn R stepping right foot to right side
- 6& Step left foot behind right, 1/4 turn R stepping forward on right foot
- 7& Step forward on left foot, make a 1/2 turn R
- 8& Step forward on left foot, make a 1/2 turn L stepping back on right foot

1/4 turn L, basic nightclub L, R, sway, 1/4 turn R, full turn R

- 1 Make a 1/4 turn L stepping left foot to left side
- 2& Rock right foot behind left, step left foot across right

Restart on wall 5

- 3 Step right foot to right side
- 4& Rock left foot behind right, step right foot across left
- 5 Step left foot to left side
- 6& Sway body to right, left
- 7& 1/4 turn R stepping forward on right foot, hitch left knee in a figure four
- 8& Make a 1/2 turn R stepping down on left foot, make a 1/2 turn R stepping forward on right

1/2 turn R, sweeps, behind, side, cross, 1/2 turn R, 1/2 turn L with sweep, weave

- 1 Make a 1/2 turn R stepping back on left foot sweeping right from front to back
- 2 Step back on right foot sweeping left foot from front to back
- 3&4 Step left foot behind right, step right foot to side, step left foot in front of right
- 5,6 Turn 1/2 turn R, turn 1/2 turn L sweeping left foot front to back
- 7& Step left foot behind right, step right foot to side
- 8& Step left foot over right foot, step right foot to right side

Restart on wall 3 at the end of this section, crossing left foot over right on an á count

Cross rock x2, half diamond pattern

- 1 Cross rock left foot over right
- 2& Recover weight onto right foot, step left foot to left side
- 3 Cross rock right foot over left
- 4& Recover weight onto left foot, step right foot to right side
- 5 Step left foot forward on right diagonal (10.30)
- 6& Step right foot forward (10.30), turn 1/8 to right stepping left foot to side (face 12.00)
- 7& Step right foot back on left diagonal (towards 7.30) step left foot back (7.30)
- 8& Turn 1/8 to right stepping right foot to right side (facing 3.00), cross left foot over right

Tag at the end of first wall:

count 1, stepping right foot to side and sway body to right, count 2, sway body to left

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