

拍数: 64 墙数: 2 级数: Intermediate

编舞者: Wendy Loh (MY) - June 2014

音乐: Roar - Katy Perry



Dance starts immediately after 8 counts

Section 1: Walk R L, R Ball Step, 1/4L Step, 1/4R Step, Left Mambo, Right Mambo

12 Step RF forward, Step LF forward

&3 Step forward on ball of your RF, Turn ¼ L by crossing LF over RF bend both knees slightly,

4 Turn ¼ R by stepping forward on RF

5&6 Rock LF to side, Recover on RF, Step LF together

7&8 Rock RF to side, Recover on LF, Touch RF beside LF (12:00)

Section 2: R Coaster, L Forward Shuffle, R Step, 1/2L Pivot, R Forward, Full Turn, L Forward

1&2 Step RF back, Step LF together, Step RF forward3&4 Step LF forward, Lock RF behind LF, Step LF forward

Step RF forward, 1/2L Pivot weight on LF, Step RF forward (6:00)

7&8 Turn 1/2R & Step LF back, Turn 1/2R & Step RF forward, Step LF forward (6:00)

Section 3: Stomp Steps - RLRR, LRLL

12 Step RF to side, Step LF to side

34 Stomp RF twice

56 Step LF to side, Step RF to side

78 Stomp LF twice (6:00)

Section 4 : R Rock Forward, Recover, R Ball Step, L Cross, 1/2R Unwind, Behind Side Cross, L Side Chasse, Together

12 Rock RF forward, Recover on LF

&34 Step on ball of RF beside LF, Cross LF over RF, Unwind 1/2R Turn weight on LF (12:00)

5&6 Step RF behind LF, Step LF to side, Cross RF over LF

7&8& Step LF to side, Step RF together, Step LF to side, Step RF beside LF (12:00)

Section 5 : L Cross, R Side, Jump, Walk R L, Jump, R Step, Touch Diagonal x2, 1/4R R Step, Touch, Touch Out , Touch In

1&2 Cross LF over RF, Step RF to side, Jump with both feet together

Step RF forward, Step LF forward, Jump with both feet
Step RF diagonally back towards R, Touch LF together
Step LF diagonally back towards L, Touch RF together
Turn 1/4R & Step RF to side, Touch LF beside RF (3:00)

8& Touch LF to side, Touch LF beside RF

Section 6 : L Side Chasse, Together, L Cross Shuffle, R Syncopated Rocking Chair, R Step, 1/2L Pivot, R Forward

1&2& Step LF to side, Step RF together, Step LF to side, Step RF together (3:00)

3&4 Cross LF over RF, Step RF behind LF, Cross LF over RF

Rock RF forward, Recover on LF, Rock RF back, Recover on RF
 Step RF forward, 1/2L Pivot with weight on LF, Step RF forward (9:00)

Section 7: L Touch forward & Body Roll, Chest Pop twice, L Forward Shuffle, R Forward Mambo

Touch LF forward & do a forward body roll over 2 counts (9:00)

3&4& Do chest pop twice starting with pushing chest Out, In, Out, In

5&6 Step LF forward, Lock RF behind LF, Step LF forward

7&8 Rock RF forward, Recover on LF, Step RF back

Section 8: L Back Shuffle, R Back Mambo, 1/4L Forward Shuffle, R Cross, L full turn unwind

1&2 Step LF back, Lock RF in front LF, Step LF back (9:00)

3&4 Rock RF back, Recover on LF, Step RF forward

5&6 Turn 1/4L & Step LF forward, Lock RF behind LF, Step LF forward (6:00)

78 Cross RF over LF, Full turn unwind to left side

Tag #1 (4 counts) -Turn 1/4L & sway body LRL, Touch

At Wall 2 (6:00), dance 48 counts (6x8's), you will end facing 3:00, do tag

1-3 Turn 1/4L & Step LF to side & sway body L, R, L (12:00)

4 Touch RF beside LF

Tag #2 (4 counts) - Walk back 4 steps

At Wall 5 (12:00), dance for 8 counts, do 2nd tag, the restart dance.

12 Step RF back, Step LF back

34 Repeat Steps 1-2

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