Cheerio

1-2

3-4

5-6

7-8

1-2

3&4

5-6

7&8

1-2

3-4

5-6

7&8

1-2&

3-4

5-6

7-8

1-2

3&4

1-2

3-4

&5

6 7&8 拍數: 48

牆數: 2



編舞者: Roy Verdonk (NL) & José Miguel Bellogue Vane (NL) - January 2015 音樂: Cheerleader (Felix Jaehn Remix) (Radio Edit) - Omi Intro: after beat kicks in (app. 15 seconds) - (Dance starts in left diagonal to 1.30) N.b. Clock notation is the direction you're facing unless different indicated S1: Side/Cross/Side/Touch In Diagonal (2X) Lf step left in diagonal (towards 10.30 and facing 1.30), Rf step across Lf Lf step left in diagonal (towards 10.30 and facing 1.30), Rf touch to right Rf step right in diagonal (towards 4.30 and facing 1.30), Lf step across Rf Rf step right in diagonal (towards 4.30 and facing 1.30), make 1/8 turn left whilst touching Lf to left (facing 12.00) S2: 3/4 Turn Left, Shuffle Back L, Rock Back R With Hitch L, Step Forward L, Shuffle Forward R make 1/4 turn left stepping Lf forward (9.00), make 1/2 turn left stepping Rf back (03.00) Lf step back, Rf step together, Lf step back Rf rock back whilst hitching Lf up, Lf step forward Rf step forward, Lf step together, Rf step forward S3: Step Forward L, Hold, 1/4 Turn L Step R, Hold, 1/2 Turn L Step L, Step Forward R In Diagonal, Shuffle L In Diagonal Lf step forward, hold (3.00) make 1/4 turn left stepping Rf right (12.00), hold make 1/2 turn left stepping Lf left (6.00), make 1/8 turn left stepping Rf forward (4.30) Lf step forward, Rf step together, Lf step forward (4.30) S4: Syncopated Rock Steps R/L, 1 1/4 Turn L, Slide L Rf rock forward, recover onto Lf, Rf step together (&) make 1/8 turn left whilst rocking Lf forward (3.00), recover onto Rf make 1/2 turn left stepping Lf forward (9.00), make 1/2 turn left stepping Rf back make 1/4 turn left whilst Lf taking big step to left (12.00), drag Rf next to Lf (weight remains on Lf) S5: Cross, Side, Syncopated Weave, Side L With Touch And Shoulder Shimmies Rf cross in front of Lf, Lf step left Rf cross behind Lf, Lf step left (&), Rf cross in front of Lf 5-6-7-8 Lf take big step left, Rf slide next to Lf over 3 counts whilst shimmying your shoulders S6: Side R, Touch L Diagonal, Side L, Touch R Diagonal, Ball/Cross, Side Touch R, Sailor R With 1/2 Turn R Rf step right, Lf touch in diagonal forward (10.30) Lf step left, Rf touch in diagonal forward (1.30) Rf step together (&), Lf cross in front of Rf

Rf cross behind Lf, make 1/2 turn right stepping Lf left (&), Rf step right

級數: Improver

Enjoy the dance!!

Rf touch right