Brinner I Bröstet

級數: Improver / Intermediate

編舞者: Adam Åstmar (SWE) - June 2015

音樂: Brinner i bröstet (feat. Malcolm B) - Danny Saucedo

牆數:2

Intro: 24 Counts

Sect – 1: DRAG, ROCK BACK, ROCK FORWARD, UNWIND 1 / 2 LEFT, DRAG, BEHIND, 1 / 4 STEP, STEP 1 / 2 TURN, STEP

- 1 2 & Big step on R to the right, rock L back, recover to R
- 3 & 4 & Rock L forward, recover to R, point L toe back, unwind 1 / 2 to the left placing weight on L (6:00)
- 5 6 & Big step on R to the right, cross L behind R, turn 1 / 4 to the right stepping R forward (9:00)
- 7 8 & Step L forward, turn 1 / 2 to the right, step L forward (3:00)

* Restart here at wall 3, turning 1 / 4 to the left (so you face the front wall when you restart)*

Sect – 2: WALK FORWARD SWEEP X2, ROCK FORWARD, 1 / 4 SIDE, CROSS, 1 / 4 BACK, 1 / 2 FORWARD

- 1 & 2 & Step R forward, sweep L over R, step L forward, sweep R over L
- 3 4 & Rock R forward, recover to L, turn 1 / 4 to the right stepping R to the side (6:00)
- 5 6 7 Cross L over R, turn 1 / 4 to the left stepping R back, turn 1 / 2 to the left stepping L forward (9:00)

Sect – 3: MAMBO STEP, SAILOR 1 / 4 TURN, LOCK STEP FORWARD, ROCK FORWARD

- 8 & 1 Rock R forward, recover to L, step R back
- 2 & 3 Cross L behind R, step R to the right, turn 1 / 4 to the left stepping L forward
- 4 & 5 Step R forward, lock L behind R, step R forward
- 6 7 Rock L forward, recover to R

Sect – 4: TRIPLE FULL TURN, WALK X2, ROCK SIDE, CROSS SHUFFLE, ROCK SIDE, CROSS, SIDE, BEHIND

- 8 & 1 Triple full turn on the spot stepping L, R, L
- 2 3 Step R forward, step L forward
- 4 & Rock R to the right side, recover to L
- 5 & 6 Cross R over L, step L behind R, cross R over L
- & 7 & Rock L to the left side, recover to R, cross L over R
- 8 & Step R to the right side, step L behind R

Dance It With Passion since it's a very emotional song (Lyrics is in Swedish)!

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拍數: 32