Salute



拍數: 160 牆數: 0 級數: Phrased Intermediate

編舞者: Melvin Tan (MY) - August 2015

音樂: Salute - Little Mix



Dance Start from beginning. Sequence: ABC ABC A tag BC A

PART A (64 counts)

Section A1: ☐ Step Touch 3x, Stomp, Stomp

1 2 3 4Step RF to Right, Touch LF beside RF, Step LF to Left, Touch RF beside LF5 6 7 8Step RF to Right, Touch LF beside RF, Stomp LF to Left, Stomp RF to Right

Section A2: □Body & Hand movement

1 2 3 4 Hands folded at the same time hip roll anti-clockwise twice

5 6 7 8 Open right arm to Right, Open left arm to left, both arms up, down (like hammer)

Section A3: ☐ Stomps

1 2 3 4 Stomp on RF, Hold, Stomp on LF, Hold 5 6 7 8 Stomp on RF, Hold, Stomp on LF, Hold

Section A4: □Out, Out, Back, Back

1 2 3 4 Step RF to R, Hold, Step LF to L, Hold

5 6 7 8 Walk Back on RF, LF, RF, LF

Section A5: ☐ Step Touch 2x (Chest pop)

1 2 3 4 Step RF to R with chest pop, Hold, Touch LF beside RF, Hold 5 6 7 8 Step LF to L with chest pop, Hold, Touch RF beside LF, Hold

Section A6: □March In Place

12345678 March in place on RF,LF,RF,LF,RF,LF,RF,LF

Section A7: □Step In Place at the same time Pop Left Knee In 4x (shoulder drop on right)

1 2 Step RF in place at the same time pop left knee in, Stand straight,

Pop left knee in (shoulder drop on right), stand straight,

Pop left knee in (shoulder drop on right), stand straight,

Pop left knee in (shoulder drop on right), stand straight,

Section A8: ☐ Stand still with Salute hand, Hand Roll above Head Twice

1 2 3 4 Stand Still with Salute Hand Hold 4 counts (right hand)

5 6 7 8 Roll right hand clock wise twice above head

PART B (32 counts)

Section B1: □Weave To Right, Weave to Left

1 2 3 4 Cross RF over LF, Step LF to L, Cross RF behind LF, Touch LF to L
5 6 7 8 Cross LF over RF, Step RF to R, Cross LF behind RF, Touch RF to R

Section B2: □Kick Ball Touch 2x

1 2 3 4 Kick RF Forward, Step RF on Ball, Touch LF to side, Hold 5 6 7 8 Kick LF Forward, Step LF on Ball, Touch RF to side, Hold

Section B3: □Pivot ½ Turn 2x

1 2 3 4 Step RF forward, Hold, 1/2L Turn, Hold

Section B4: □Jazz Box Cross, Out, Out Twice

1 2 3 4 Cross RF over LF, Step LF Back, Step RF to R, Cross LF over RF Step RF to R, Step LF to L, Step RF on Ball, Step LF on Ball

PART C (64 counts)

Section C1: □Hand & Body movement

1 2 3 4 Right hand back, Left hand back, Head/Body 90 degree Down, Body/head Up,

5 6 Cross both elbow in front of chest - elbow close & close &,

7 8 Open both hands at the same time hip roll clock wise (from right below left up)

Section C2:□Jump Step Together, Step Touch,

1 2 Jump Step Together (both hands palm face out), Hold,

3 4 Both hands palm put in front of chest, Hold

5 6 7 8 Step LF to L, Touch RF beside LF, Step RF to R, Touch LF beside RF

Section C3:□Salute Hand, Step Out Out, Hand Movement, Jump Step Together

1 2&3 4 Salute Hand, Hold, Step RF to R, Step LF to L, Hold (Folded both hands)

5 6 7 8 Right hand up 90 degree, Left hand up 90 degree, hold both hands, Jump Step Together

Section C4: □Step Touch Forward, Step Touch Side

1 2 3 4 Step RF forward, Touch LF beside RF, Step LF back, Touch RF beside LF,

5 6 7 8 Step RF to R, Touch LF beside, Step LF to L, Touch RF beside LF

Section C5: ☐March in Place, Salute Hand Hold

1 2 3 4 March in place RF,LF,RF,LF,

5 6 7 8 Step RF in Place do a salute hand hold 3 counts

Section C6: □Repeat Section 5

Section C7:□Repeat Section 5

Section C8: □Rocking chair, Step Touch

1 2 3 4 Rock RF forward, recover on LF, Rock RF back, recover on LF 5 6 7 8 Step RF to R, Touch LF beside, Step LF to L, Touch RF beside

TAG (8 counts)

Repeat Part A Section 8

ENJOY!

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