

Grown

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Daniel Trepát (NL) - November 2015
音樂: Grown - Little Mix



Intro: 32 counts from first beat in music (app. 11 sec. into track)

Restart: In the 4th Wall after 32 counts

[1 – 8] □ Side, Diagonal Kick, Side, Touch, Shuffle ¼ turn R, Hold □

1 – 2 Step R to R side (1), Kick L diagonally R forward (2) □ 12:00

3 – 4 Step L to L side (3), Touch R next to L (4) □ 12:00

5 – 8 Step R to R side (5), Step L next to R (6), ¼ turn R stepping R forward (7), Hold (8) □ 3:00

[9 – 16] □ Step turn, Step fwd, Hold, 1 ¼ turn L, Hold □

1 – 4 Step L forward (1), ½ turn R stepping R forward (2), Step L forward (3), Hold (4) □ 9:00

5 – 8 ½ turn L stepping R back (5), ½ turn L stepping L fwd (6), ¼ turn L stepping R to R side (7), Hold (8) □ 6:00

[17 – 24] □ Sailor ¼ turn L, Step fwd, Touch ¼ turn L, Side, Touch □

1 – 4 Cross L behind R (1), ¼ turn L stepping R slightly to R side (2), Step L forward (3), Hold (4) □ 3:00

5 – 6 Step R forward (5), ¼ turn L touching L next to R (6) □ 12:00

7 – 8 Step L to L side (7), Touch R next to L (8) □ 12:00

[25 – 32] □ R Heel out, L Heel out, R in, L in, Out Out, Down, Up □

1 – 4 R heel diagonal R forward (1), L heel diagonal L forward (2), R back in place (3), L back in place (4) □ 12:00

5 – 8 Step R out (5), Step L out (6), Bend knees (7), stretch legs and bring feet together (8) □ 12:00

Restart □ In the 4th wall you will do the restart here □

[33 – 40] □ 2X Step lock steps with Scuff □

1 – 4 Step R diagonally forward (1), Lock L behind R (2), Step R diagonally forward (3), Scuff L forward (4) □ 12:00

5 – 8 Step L diagonally forward (5), Lock R behind L (6), Step L diagonally forward (7), Scuff R forward (8) □ 12:00

[41 – 48] □ Step fwd, Touch ¼ turn L, Side, Hold, ½ turn R, Side, Hold □

1 – 2 Step R forward (1), ¼ turn L touching L next to R (2) □ 9:00

3 – 4 Step L to L side (3), Hold (4) □ 9:00

5 – 8 Cross R over L (5), ¼ turn R stepping L back (6), ¼ turn R stepping R to R side (7), Hold (8) □ 3:00

[49 – 56] □ Syncopated half diamond □

1 – 4 1/8 turn R stepping L forward (1), 1/8 turn L stepping R to R side (2), 1/8 turn L stepping L back (3), Hold (4) □ 1:30

5 – 8 Step R back (5), 1/8 turn L stepping L to L side (6), 1/8 turn L stepping R forward (7), Hold (8) □ 10:30

[57 – 64] □ Rock step, 1/8 turn L, Toe Heel Toe to L, Hitch □

1 – 4 Rock L forward (1), Hold (2), Recover on R (3), Hold (4) □ 10:30

5 – 8 1/8 turn L stepping L to L side & turn toes out (5), Turn L heel out (6), Turn L toes out (7), Hitch R (8) □ 9:00

HAPPY FACE AND SEE YOU SOON!!!
