

Focus On Me

拍數: 64 牆數: 2 級數: Phrased Intermediate / Advanced
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音樂: Focus - Ariana Grande



Part A – 32 counts

A1: Step Touch x2, Step Back, Together, Shuffle, Full Turn

1&2 Step R back (1), Touch L to L (&), Step L back (2),
&3 Touch R to R (&), Step R back (3)
&4 Step L back (&), Step R next L (4)
5&6 Shuffle forward L (5), R (&), L (6)
7&8 Full turn L stepping R (7), L (&), R (8) □ 12 o'clock

A2: Step, Swivel Heels, Ball Step, Cross Shuffle, Rock and Cross

1&2 Step L forward (1), swivel R heel ¼ L (&), Swivel L heel ¼ L (2)
&3 Swivel L heel ¼ R (&), Swivel L heel ¼ R (3)
&4 Step L next R (&), Step R forward (4)
5&6 ¼ L Cross L over R (5), Step R to R (&), Cross L over R (6)
7&8 Rock R to R (7), recover on L (&), cross R over L (8) □ 9 o'clock

A3: Kick Step, Lock Step, Kick Step, Touch, Hips L , Hips R

1&2& Kick L to L diagonal (1), Step L to L (&), lock R behind L (2), Step L to L (&)
3&4 Kick R over L (3), Step R cross over L (&), Touch L next R (4)
5&6 ¼ L and bump hips to L twice (5&6)
7&8 Bump hips to R twice (7&8) □ 6 o'clock

A4: Cross, Back, Chasse L, Cross Back, Rock, Recover

1-2 Cross L over R (1), Step R back (2)
3&4 Chassé L (3), R (&), L to L (4)
5-6 Cross R over L (5), Step L back (6)
7-8 Rock R to R diagonal (7), Recover (8)

Part B – 32 counts

B1: Step, Behind ¼ Forward, Pivot ½, Walk x2, Pivot ½, Sweep ½

1 Step R to R (1)
2&3 Cross L behind R (2), ¼ R step R forward (&), Step L forward (3) 9 o'clock
4 ½ R weight on R (4) □ 3 o'clock
5-6 Step L forward (5), Step R forward (6)
7-8 ½ L Step L forward (7), Stay on L foot for another ½ turn L sweeping R forward (8)

B2: Touch, Back, Touch and Touch, Cross Side, Sailor ¼

1-2 Touch R forward (1), Step R back (2)
3&4 Touch L to L (3), Step L next R (&), Touch R to R (4)
5-6 Cross R over L (5), Step L to L (6)
7&8 Sailor Step ¼ R, R (7), L (&), R (8) 6 o'clock

B3: Full Circle R : Walk, Walk, Shuffle, Walk, Walk, Shuffle

1-2 1/8 R Step L forward (1), 1/8 R Step R forward (2)
3&4 Shuffle ¼ R, L (3), R (&), L (4)
5-6 1/8 R Step R forward (5), 1/8 R Step L forward (6)
7&8 Shuffle ¼ R, R (7), L (&), R (8)

B4: Mambo Forward, Mambo Back, Rocking Chair, Step, Hitch

1&2 Mambo L forward (1), recover on R (&), Step L next R (2)
3&4 Mambo R back (3), recover on L (&), Step R next L (4)
5&6& Rock L forward (5), Recover on R (&), Rock L back (6), Recover on R (&)
7-8 Step L forward (7), Hitch R knee (8)

Tag 1:

1-2-3 Bump hips to R (1), Bump hips to L (2), Bump hips to R (3)
4 Body roll to L from head to toes transferring weight to L (4)

Tag 2

1-2-3 Step R to R (1), Swing your hips clockwise ending weight on L (2-3)
4 Raise your R hand up and touch your little star who travel with you everywhere (4)

Sequence: A.B. A.A.B. A.TAG1. A.B.TAG2. A.A

Hope that you enjoy this dance !
