

ExtraOrdinary

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Extraordinary - Prince Royce



(Clock notation begins on your start wall as 12:00. Each phrase will carry a new 12:00 start wall, ½ of the previous phrase.)

[a1~8]: □SAMBA TOUCHES*, FORWARD LOCK STEP, STEP-PREP, SPIRAL 1 ¼ R

a1,a2 pushing off from R, L hip rise, slight toe reach to left (ah); L step left, sink with bent knees, hip to left (1); pulse R hip to right (ah); R touch (and tuck knee in) next to L (2)
a3,a4 pushing off from L, R hip rise, slight toe reach to right (ah); R step right, sink with bent knees, hip to right (3); Pulse L hip to left (ah); L touch (and tuck knee in) next to R (4)
5 & 6 & L step forward (5); R lock step behind L (&); L step forward (6); R step forward (&)
7, 8 L step forward (prep) (7); spiral turn 1 ¼ right, weight stays on L [3:00] (8)

***Simpler option for 1 - 4: L step to left side (1); R touch next to L (2); R step to right side (3); L touch next to R**

[9~16]: □WALK, WALK, STEP ¼ CROSS, BACK, OUT, PUSH-RECOVER, ROLL-SWEEP TO WEIGHT L

1, 2 R step forward (1); L step forward (2)
3 & 4 R step forward (3); L take weight ¼ left [12:00] (&); R step across L (4)
& 5, 6 L step back ¼ right [3:00] (&); R step out to right side (5); L push across R (6)
&7 a8 recover weight R (&); upper body roll as L goes back (7); roll down to hips (ah); take full weight onto L (8)

[17~24]: CROSS REVERSE ¾ R, ¼ ROCK RECOVER CROSS, SIDE STEP LOCK, ¾ UNWIND, ½ CHASE TURN L

1 & 2 R step across L (prep) (1); L step back ¼ right [6:00] (&); R step forward ½ right [12:00] (2)
3 & 4 L rock out to left nearly ¼ right (3); R recover finishing that ¼ right [3:00] (&); L step across R (4)
& 5, 6 R long step right (&); R touch cross behind L (5); ¾ left onto L [6:00] (6)
7 & 8 R step forward (7); ½ left onto L [12:00] (&); R step forward (8)

(easy option for 1 - 4 with no turns; make counts 1 & 2 a crossing shuffle; 3 & 4 a side rock recover cross)

[25~32]: RUN AND TOUCH, ROCK-AND-GO, ½ L, OUT R, RIB PULSES TO ROLL AND SIT

& 1, 2 L quick step forward (&); R step forward (1); L touch forward (2)
3 & 4 L rock back (3); recover weight forward onto R (&); L step forward (4)
& 5, 6 ½ left (with R hitch if preferred) [6:00] (&); R step to right side, with right side of ribs (5); take left side of ribs left, taking weight onto L (6)
7 &a8 shift weight onto R, with right side of ribs (7); lift chest up (&); press to back (ah); roll down to settle hips onto R (8)

(BEGIN AGAIN, and most certainly DWYF!)

***TAG: Is simply 8 counts repeating the samba touches on wall 5 and your original start wall (12:00):**

You will be starting the phrase with the samba touches, but turn ¼ left on 1 and 3; repeat this turning ¼ left on 5 and 7 finishing back at your start wall, then start from the top of the phrase (1 - 4) and continue on with the full phrase (you will have essentially done these samba touches in 3 pairs).

If you miss the restart until after you have done the first set of samba touches, just do the next 2 sets turning a ¼ left on each left and right so that you come back to your start wall of the phrase. *Or be creative!

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This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel. <http://www.youtube.com/user/DanceWhatYouFeel>

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