

Dangerously

拍數: 32 牆數: 2 級數: Low Intermediate
編舞者: Lisa McCammon (USA) - February 2016
音樂: Dangerously - Charlie Puth : (CD: Nine Track Mind)



#16 count intro - Sequence: 16; 32, 32, 16 (Restart), 32, 32, 32, 4 (Tag), 32, 17
Counterclockwise rotation; start weight on L

Choreographer's note: although this is a rolling 8 count rhythm, I chose to stick to more familiar timing to make this dance easier.

SEC 1: □ROCK, RECOVER, BACK, COASTER STEP, ROCK, RECOVER, BEHIND-SIDE

1-2-3 Rock forward R, recover L, step back R
4&5 Step back L, step R home, step forward L
6-7 Rock forward R, recover L
8& Step R behind, step L to side

SEC 2: □CROSS-&-CROSS, POINT OUT-IN-OUT, BEHIND-SIDE-CROSS-SIDE-TOE, UNWIND

1&2 Cross R, step L to side, cross R
3&4 Point L to side, touch L in, point L to side (these should have a pulse or push feel)
5&6& Step L behind, step R to side, step L across, step R to side
7-8 Touch L toes behind R heel, turn left ½ [6] stepping onto L **restart

SEC 3: □TURN LEFT STEPPING SIDE R, STEP BACK L, POINT R TOES BACK; RIGHT FALL-AWAY, PRESS R

1-2-3 Turn left ¼ [3] stepping side R, step back L toward left diagonal, point R toes back
4&5 Step forward R, step L to side squaring to [3], step back R opening to right diagonal
6&7 Step back L, step R to side squaring to [6], cross L
8 Press R to side (stay upright, but bend R knee, "pressing" ball of foot into floor)

SEC 4: □TURN LEFT ¼, TOE STRUT HIP BUMPS R, L, STEP R TURNING RIGHT ¼, CROSS-&-HEEL-&

1 Turn left ¼ [3] stepping onto L
2&3 Touch R toes slightly forward bumping RLR, ending weight R
4&5 Touch L toes slightly forward bumping LRL, ending weight L
6 Step forward onto ball of R whilst turning right ¼ [6]
7&8& Cross L, step R to side, touch L heel forward, step onto L (make these steps small and smooth)

****Restart after 16 counts during 3rd repetition. You'll begin facing [12] and Restart facing [6].**

Easy 4-count Tag after completing the 6th repetition (counting your Restart wall).

You will be facing [12], weight on L.

1, 2& Cross rock, recover-side R
3, 4& Cross rock, recover-side L

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