

Renegade

拍數: 64
編舞者: Nadia Gandin - March 2016
音樂: Renegades - X Ambassadors

牆數: 0

級數: Phrased Low Intermediate



Sequence: - A B A B TAG A B A A(16) - FINAL right stomp forward
A 32 count (16 count x 2) - B 32 count (8 count x 4) - TAG (16 count)

PART A

SECTION A1: TOUCH X 3 (forward, back, forward) ,STEP, TOUCH, STEP, HOOK X 3 (right back - left forward -right bak)

- 1-2-3-4 Touch right heel forward, touch right toe back, Touch right heel forward, step right back (weight on right)
5-6 Touch left toe back, step left forward
&7&8& Hook right back, step right back, hook left forward, step left forward, hook right back

SECTION A2: STEP LOCK STEP BACK (Syncopated), HOOK X 3 (sx forward, dx back, sx forward), STEP LOCK STEP FORWARD (Syncopated), STEP, TURN 1/2 STOMP

- 1&2 Step right back, step left across right, step right back
&3&4& Hook left forward, step left forward, hook right back, step right back, hook left forward
5&6 Step left forward, lock right behind left, step left forward
7-8 Step right forward, turning 1/2 left (weight on right) and stomp left forward

SECTION A3: EQUAL SECTION A1

SECTION A4: EQUAL SECTION A2

PART B

SECTION B1: ROCKING CHAIR JUMP (Syncopated) X 2, KICK, STEP, TURN 1/4 KICK, STEP, STOMP CLAP X 2

- 1&2& Cross right over left and touch left toe back, recover to left and kick right, step right back and kick left, recover to left and right flick back
3&4& Cross right over left and touch left toe back, recover to left and Kick right, step right back and kick left, recover to left and right flick back
5&6& Right Kick forward, step right next left, turning left 1/4 left kick, step left next right
7-8 Clap and right stomp, clap and right stomp

SECTION B2,B3,B4: EQUAL SECTION B1

TAG: 16 counts

TS1: TOUCH-SCUFF- CROSS (X 3), STEP, Tourn 1/2 STOMP

- 1&2 Touch right together, scuff right, cross right over left
3&4 Touch left together, scuff left, cross left over right
5&6 Touch right together, scuff right, cross right over left
7-8 Step left forward, turning 1/2 right (weight on left) and stomp right forward

TS2: TOUCH-SCUFF-CROSS (X 3), LONG STEP BACK, STOMP

- 1&2 Touch left together, scuff left, cross left over right
3&4 Touch right together, scuff right, cross right over left
5&6 Touch left together, scuff left, cross left over right
7-8 Right long step back, left stomp next right

FINAL: After count 16 of A perform right stomp forward

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