Lighter Than Air



拍數: 32 牆數: 4 級數: High Beginner

編舞者: Katja Østerby (DK) - March 2016 音樂: Pop That Lock - Adam Lambert



Intro: 15 Counts (Start On The Word Left)

initio. 10 Counts (Start Off The Word Left)	
Diagonal R Step Lock, Step Lock Step, Repeat With L □□□	
1-2	Step R diagonally forward (1), lock L behind R (2)
3&4	Step R diagonally forward (3), lock L behind R (&) Step R diagonally forward (4)
5-6	Step L diagonally forward (5), lock R behind L (6)
7&8	Step L diagonally forward (7), lock R behind L (&) Step L diagonally forward (8)
R Jazzbox 1∕₄ Over R, Touch L, Elvis Knees R L, Step L To Side, Touch R□□	
1-2	Cross R across L (1), step back on L (2)
3-4	1∕₄ turn over R stepping R to R side (3), touch L beside R (4)
5-6	Putting weight onto L Bend R knee in towards L (5) Putting weight onto R bend L knee in towards L (6)
7-8	Step L to L side (7) Touch R beside L (8)
*Restart here in walls 4 &11	
R Side Rock, R Sailor ¼ Over R, L Rock Forward, L Coaster Step□□□	
1-2	Rock R to R side (1), Recover onto L (2)
3&4	Cross R behind L (3), ¼ turn over R stepping L next to R (&), step fwd on R (4)
5-6	Rock L forward (5) Recover weight back onto R (6)
7&8	Step L back (7), step R beside L (&) step L forward (8)

R Step Forward 1/8 Over R, L Scuff, L Step Forward 1/8 Over R, R Scuff, R Rocking Chair□

1-2
1/s turn over R stepping R forward (1), Scuff L beside R (2)
3-4
1/s turn over R stepping L forward (3), Scuff R beside L (4)
5-6
Rock R forward (5), recover weight back onto L (6)
7-8
Rock R Back (7), recover weight forward onto L (8)

Restart: After 16 counts in walls 4 & 11

*Ending: end of wall 13, (you have one beat left in the music)

*1/4 turn over R stepping R forward sweeping L around towards the front

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