

Chawki...

拍數: 32 牆數: 4 級數: Improver
編舞者: Stephen Gell (UK) - March 2016
音樂: Time of Our Lives - Chawki : (iTunes and Amazon UK)



Ending Stomp Right Foot Forward Arms Open Facing 12.00

Alt Track Try Everything by Shakira 32 Count Intro. Album Zootropolis (Original Motion Picture Soundtrack)
(Total Track Length 3:17) 118 bpm Available On iTunes And Amazon UK

Intro: 64 Counts From The Heavy Beat (0.37) – 32 Count Intro From (0.22)

[1 – 8] □ Right Dorothy, Left Dorothy, Rock, Recover, Right Coaster Step

1 – 2& Step right to right diagonal, Step left next to right, Step right to right side
3 – 4& Step left to left diagonal, Step right next to left, Step left to left side
5 – 6 Rock forward on right, Recover on left
7 & 8 Step right back, Step left next to right, Step right foot forward

[9 – 16] Step, ½ Turn Right, Triple Full Turn Right, Right Side Shuffle, Rock, Recover

1 – 2 Step left forward, Make ½ turn right
3 & 4 Triple full turn right: Stepping Left, Right, Left (weight on left 6.00)

Option: 3& 4 Left Shuffle Forward

5 & 6 Step right to right side, Step left next to right, Step right to right side
7 – 8 Rock back on left, Recover on right

[17 – 24] ¼ Left Shuffle, ¼ Right Shuffle, Rock, Recover, ¼ Shuffle Left

1 & 2 Make ¼ turn left, Step right next to left, Step forward left (3.00)
3 & 4 Make ¼ turn left stepping right to right side, Step left next to right, Step right next to right
(12.00)
5 – 6 Rock back on left, Recover right
7 & 8 Make ¼ turn left on left, Step right next to left, Step left forward (9.00)

[25 – 32] Step, ¼ Left, Right Cross Shuffle, Side Rock Left, Recover ¼ Right, Left Shuffle Forward

1 – 2 Step forward right, Make ¼ turn left (6.00)
3 & 4 Cross right over left, Step right next to left, Cross right over left
5 – 6 Rock left to left side, Recover right making a ¼ turn right (weight on right 9.00)
7 & 8 Step left forward, Step right next to left, Step forward left (weight on left)

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Last Update - 15th May 2016