

Bring Us Together

拍數: 64 牆數: 4 級數: Funky
編舞者: Tyla Giles (SA) - April 2016
音樂: Heartbeat - Beckah Shae



[1 – 8] □ Press, recover; press, kick; coaster step; step, hitch □-12:00

- 1,2 Step and press RF into R diagonal, recover weight to LF □-1:30
3,4 Step and press RF into R diagonal, jump back on LF straightening to 12:00 and kicking RF fwd □-12:00
5&6 Step RF back, close LF to RF, step RF fwd □-12:00
7,8 Step LF fwd, step RF in place transferring weight to RF while hitching LF □-12:00

[9 – 16] □ ¼ turn, ¼ turn, point; cross, sweep; weave; heel, step, touch □-6:00

- 1,2 Turn ¼ L stepping LF fwd, ¼ turn L on LF and point RF to R side □-6:00
3,4 Cross RF over LF, sweep LF from front to back □-6:00
5&6& Cross LF in front of RF, step RF to R side, cross LF behind RF, step RF to R side □-6:00
7&8 Tap L heel to L diagonal, close LF to RF □-6:00

[17 – 24] □ Scuff, out, out, knee twist; shoulder shake; 1 ½ turn; out, out, jump close □-12:00

- &1&2 Scuff RF fwd, step RF to R side, step LF to L side, drop L knee inwards towards R knee □-6:00
3&4 Lift shoulder up & drop(3), up & drop(&), up & drop(4) while bouncing L knee back to parallel with RF □-6:00
5&6 Make 1 ½ turn R on RF tucking LF next to R □-12:00
&7, 8 Step LF to L side, step RF to R side, jump feet together □-12:00

[25 – 32] □ Hip bounce x2; point, point; point-lunge, drag, close □-12:00

- 1&2 Step LF to L diagonal bumping hip up, bump hip down, step LF in place □-12:00
3&4 Step RF to R diagonal bumping hip up, bump hip down, step RF in place □-12:00
5&6& Point LF to L side, close LF to RF, point RF to R side, close RF to LF □-12:00
7&8 Point LF to L side while dropping into lunge, recover and sweep LF from side to front, continue sweep closing LF to RF □-12:00

[33 – 40] □ ¼ turn coaster step; arm combo; step, lock, full turn; step, lock, ¼ turn □-12:00

- 1&2 Step LF slightly behind RF, ¼ L stepping RF to LF, step LF fwd into deep lunge □-9:00
3&4 Cross arms over chest touching RH to L shoulder and LH to R shoulder, open arms touching RH to RS and LH to LS, push arms out to side □-9:00
&5,6 Step RF fwd, lock LF behind RF, full turn L keeping weight on RF □-9:00
&7,8 Step LF fwd, lock RF behind LF, ¼ turn R keeping weight on LF □-12:00

[41 – 48] □ Body roll; heel, toe, heel; kick-ball-change; step-drop, step-close □-12:00

- 1&2 Body roll starting with the head to R side ending with weight on RF, □-12:00
3&4 Bring LF towards RF swivelling heel, toe, heel □-12:00
5&6 Kick RF fwd, step RF in place, tap LF to L side □-12:00
7,8 Step LF fwd dropping into low crouch, recover to standing and close RF to LF □-12:00

[49 – 56] □ Out, step; chasse; ¼ turn, ¼ turn; out, out, knee twist □-6:00

- 1,2 Step LF to L side, step RF fwd □-12:00
3&4 Step LF fwd, lock RF behind LF, step LF fwd □-12:00
5,6 ¼ turn L on LF flicking RF to R side, ¼ turn L on LF flicking RF to R side □-6:00
7&8 Step RF to R side, step LF to L side, twist L knee in towards R bringing L arm up to chest – L palm facing down with hand at chest, arm is bent at elbow □-6:00

[57 – 64] □¼ Swivels; hitch, ball-hitch, ball-hitch □-9:00

- &1&2 Swivel L heel in towards R side(&), swivel R heel out towards R side(1), 1/8 turn R swivelling R toe to R diagonal(&), swivel L toe to R diagonal(2) □-7:30
- &3&4 Swivel L heel in towards R side(&), swivel R heel out towards R side(3), 1/8 turn R swivelling R toe to R diagonal(&), swivel L toe to R diagonal(4) □-9:00
- &5&, 6 Swivel L heel in towards R side(&), swivel R heel out towards R side(5), swivel R toe(&), step LF in place transferring weight to LF and hitching RF □-9:00
- &7&8 Touch R ball fwd, step LF in place hitching RF, touch R ball fwd, step LF in place hitching RF □-9:00

Choreographed by Tyla Giles

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2016 Choreography Step Sheets

2016 Tutu-licious Studio Choreography Step-Sheet - 28 April 2016
