

I Took A Pill

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: Novice
編舞者: Aumelas Sylvie (FR) & Friends (INA) - May 2016
音樂: Mike Posner - I Took A Pill In Ibiza (Seeb Remix) (Explicit)



Intro : 32 Counts

#1S : Point out right,together,point out left,together,point out right,hitch,point out right.

1&2 point out right,together,point out left.
&3&4 together,point out right,hitch right, touch toe right outside
5&6 cross heel jack on left
7&8 cross heel jack on right

#2S : Full turn on left with triple step,side slide right,step slide left on left with ¼ turn , step right side shuffle ¼ tour on the left.

1.2 ¼ turn left step,1/4 turn left step,
3&4 ½ turn on left, triple step side on left
5&6 step right slide,together,1/4 turn on left with step left side slide
7&8 ¼ turn on left , triple step on right .

#3S : Slide step left in diagonally forward left,slide right in diagonally right,shuffle left in diagonally left,1/4 turn,side right with bump left, side left with bump right.

1.2 slide in diagonally forward left,slide in diagonally forward right
3&4 shuffle in diagonally forward left
5.6 ¼ turn on left side right with bump left
7.8 side left with bump right

#4S : 2 walks forward, anchor step 2 sweep, sailor left ½ tour

1.2 step right forward,step left forward
3&4 triple step,right left right on place (anchor step)
5.6 sweep left backward,sweep right backward.
7&8 sailor ½ tour in left

Contact : saumelas38@gmail.com