

Mr Almost

拍數: 32 牆數: 4 級數: Improver
編舞者: Andrina K Faulds (SCO) - August 2016
音樂: Mr. Almost (feat. Shy Carter) - Meghan Trainor : (iTunes)



Section 1: Walk right left, right kickball step forward left, swivel half right and step quarter right, pointing left toe to left side

1-2 Walk right and left
3&4 Right kickball step forward left
5&6 Swivel left right left half over right shoulder
7-8 Step quarter right and point left toe to left side

Section 2: Bring left foot in and cross right, side behind cross. Walk full turn over left shoulder

1-2 Bring left foot in and cross right over left
3&4 Step left to left side, right behind left and left to left side
5-6 Half turn over left shoulder stepping left then right
7-8 Half turn over left shoulder stepping left then right

Section 3: Left sailor step, right behind quarter left, kick right forward, step out and back right left and stepping right in and touch left next to right

1&2 Left sailor step- stepping left to left side on finish
3&4 Step right behind left and ¼ left stepping forward left
5 Kick right foot forward
6&7 Step out and back right and left then stepping right in
8 Touch left next to right

Section 4: Left shuffle forward, step out to diagonals right left, step back right behind left, cross left over right, half turn over right shoulder with two heel bounces

1&2 Step left forward, right behind left and forward on left
3-4 Step out to diagonals right left
5-6 Step back right behind left and cross left over right
7-8 Half turn over right shoulder with two heel bounces

Ending – Miss out the last unwind of the dance and say facing forward for the heel bounces for dance to be completed to the front

Happy dancing

Contact: xandrinax@live.co.uk
