

My September

拍數: 64 牆數: 1 級數: Phrased Intermediate
編舞者: Phopy Yulianti (INA) & Tutuk Kusdaryanti (INA) - September 2016
音樂: September - Earth, Wind & Fire



Intro □: 5x8 Counts

Sequence : AA BB AA BB A BB BB

A. 32 counts

A1. BACK ROCK, CHASSE ½ TURN 2X, KICK BALL TOUCH

! , 2 □ Step Back On R, Recover On L

3 & 4 Turn ½ Step Back On R, Step L Beside R, Step Back On R

5 & 6 Turn ½ L Step Forward On L, Step R Beside L, Step Forward On L

7 & 8 Kick Forward On R, Step R Beside L, Touch L to L Side

A2. SAILOR, TURN ¼ L, KICK BALL TOUCH

1 & 2 Step L Cross Behind R, Step R Beside L, Step L To L Side

3 & 4 Step R Cross Behind L, Step L Beside R, Step R To R Side (Preparing To Turn ¼ L)

5 , 6 Turn ¼ L Step Back On L, Turn ½ L Step Forward On R

7 & 8 Kick Forward On L, Step L Beside R, Touch R To R Side

A3. SAMBA CROSS TRAVELLING FORWARD, ROCK RECOVER, RUNNING BACK

1 & 2 Cross R Over L, Step L To L Side, Step R Onto R

3 & 4 Cross L Over R, Step R To R side, Step L Onto L

5 , 6 Step Forward On R, Recover On L

7 & 8 Step Back On R, Step Back On L, Step Back On R

A4. BACK TOUCH, TURN ½ R, STEP FORWARD AND HEEL LIFT, STEP BACK AND TOUCH

1 , 2 Back Touch L Behind R, Turn ½ L Weight on L

3 & 4 Step Forward on R, Raise Both Heels Up, Lower Both Heels To Floor (Weight On L)

5 & 6 & Step Back On R, Touch L Beside R, Step Back On L, Touch R Beside L

7 & 8 & Step Back On R, Touch L Beside R, Step Back On L, Touch R Beside L

B. 32 counts

B1. BACK ROCK, STEP FORWARD TURN ½ L AND FLICK, SINCOPATED FORWARD

1 , 2 Step Back R, Recover On L

3 , 4 Step Forward On R, Turn ½ L Weight On L Back Flick On R

5 , 6 & Step Forward On R, Hold, Step Lock Forward On L Behind R

7 & 8 & Step Forward On R, Step Lock Forward On L Behind R, Step Forward On R, Step Lock Forward On L Behind R

B2. CHASSE L 3x

1 , 2 Step Forward On R, Touch L Beside R

3 & 4 Step L To L Side, Step R Beside L, Step L To L Side

5 & 6 Turn ¼ L Step R To R Side, Step L Beside R, Step R to R Side

7 & 8 Turn ¼ L Step L to L Side, Step R Beside L, Step L To L Side

B3. BACK ROCK, KICK BALL TOUCH, SIDE, SAILOR

1 , 2 Step Back On R, Recover On L

3 & 4 & Kick Forward On R, Step R Beside L, Touch L Beside R, Step Onto L

5 , 6 Step Back On R, Recover On L

7 , 8 & Step R To R Side, Step L Cross Behind R, Step R Beside L

B4. TURN ¾ R WITH SWEEP, HOLD, STEP TOUCH 2X

1 , 2 Step L To L Side , Step R Onto R With Sweep

3 , 4 Turn ¾ R Touch L Beside R

5 , 6 & Hold, Hold, Step L Onto L

7 & 8 & Touch R Beside L, Step R Onto R, Touch L Beside R, Step L Onto L On The Spot

WE HOPE YOU ENJOYED THE '80s MUSIC ☐

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