

Perm!

拍數: 128 牆數: 0 級數: Phrased High Intermediate
編舞者: Liam Hrycan (UK) - November 2016
音樂: Perm - Bruno Mars : (Album: '24K Magic' - single - iTunes)



SEQUENCE: □AB AC AB AC Tag DD AC

INTRO: 4C, start on the lyrics

NOTE: □GIVE THE DANCE A CHANCE! It's not quite as hard as it looks and the music guides you through each part. There is also some repetition to help you along. The dance travels quite a bit, so don't use unnecessarily large steps.

"PERM!" – SECTION A – 32 COUNTS

A[1-8] □□ Walk Fwd (L,R), L Toe Touches (Fwd, Back), Walk Forward (L,R), L Toe Touches (Fwd, Back)

1,2 Walk forward – stepping left, right
3,4 Touch left toe forward, touch left toe back
5,6 Walk forward – stepping left, right
7,8 Touch left toe forward, touch left toe back

A[9-16] □□ L Rock Fwd/Recover, L Side Step, R Cross Rock/Recover, R Chasse (¼-R), L Hitch

1,2 Rock left foot forward, recover weight back onto right foot
3 Step left foot to left side
4,5 Cross rock right foot over left, recover weight back onto left foot
6&7 Step right foot to right side, step left foot beside right, step right foot to right side ¼ turn right
8 Hitch left knee

A[17-24] □□ L Jazzbox (3 Count), R Jazzbox (3 Count), L Cross Rock/Recover

1 Cross step left foot over right
2,3 Step right foot slightly back, step left foot slightly back and to side
4 Cross step right foot over left
5,6 Step left foot slightly back, step right foot slightly back and to side
7,8 Cross rock left foot over right, recover weight back onto right foot

A[25-32] □□ L Full Rolling Turn, L Chasse, R Step/½ Pivot, R Step/½ Pivot

1,2 Full rolling turn left – stepping left, right
3&4 Step left foot to left side, step right foot beside left, step left foot to left side
5,6 Step right foot forward, pivot ½ turn left
7,8 Step right foot forward, pivot ½ turn left (weight forward on left foot)

"WOOAH!" – SECTION B – 32 COUNTS

B[1-8] □□ R Side Mambo, L Side Mambo, R Fwd Mambo, L Back Mambo + L Touch

1&2 Rock right foot to right side, recover weight onto left foot, step right foot beside left
3&4 Rock left foot to left side, recover weight onto right foot, step left foot beside right
5&6 Rock right foot forward, recover weight back onto left foot, step right foot beside left
7&8 Rock left foot back, recover weight forward onto right foot, touch left toe to left side

B[9-16] □□ L Cross/R Side, R Syncopated Weave, R Side Rock/Recover, R Sailor Step (¼-R)

1,2 Cross step left foot over right, step right foot to right side
3&4 Cross step left foot behind right, step right foot to right side, cross step left foot over right
5,6 Rock right foot to right side, recover weight onto left foot
7&8 Right sailor step ¼ turn right – stepping right, left, right

B[17-24] □□ "WOOAH!" □ L Press/Hold, L Sailor Step, R Sailor Step

- 1 Press ball of left foot diagonally forward and throw hands out to side (lean forward)
- 2,3,4 Hold position and straighten body up onto right foot (3 counts)
- 5&6 Left sailor step – stepping left, right, left
- 7&8 Right sailor step – stepping right, left, right

B[25-32]□□R Weave (¼-R), Walk Around ½-R

- 1,2 Cross step left foot over right, step right foot to right side
- 3,4 Cross step left foot behind right, step right foot to right side ¼ turn right
- 5,6,7,8 Walk around ½ turn to the right – stepping left, right, left, right

“BACK!” – SECTION C – 32 COUNTS

C[1-8]□□“BACK!”□□Push Back R, Walk Back (L,R,L), R Coaster Step, L Step/½ Pivot

- 1,2 (from end of Section A)□Push weight back onto right foot, step left foot back
- 3,4 Step right foot back, step left foot back
- 5&6 Right coaster step – stepping right, left, right
- 7,8 Step left foot forward, pivot ½ turn right (weight ending back on left foot)

C[9-16]□□“BACK!”□□Walk Back (R,L,R,L), R Coaster Step, L Step/¼ Pivot

- 1,2,3,4 Walk backward – stepping right, left, right, left
- 5&6 Right coaster step – stepping right, left, right
- 7,8 Step left foot forward, pivot ¼ turn right (weight ending on left foot)

C[17-24]□□“BACK!”□□Walk Back (R,L,R,L), R Coaster Step, L Step/½ Pivot

- 1,2,3,4 Walk backward – stepping right, left, right, left
- 5&6 Right coaster step – stepping right, left, right
- 7,8 Step left foot forward, pivot ½ turn right (weight ending back on left foot)

C[25-32]□□“BACK!”□□Walk Back (R,L), R Coaster Step, Walk Fwd (L,R), L Step/¼ Pivot

- 1,2 Walk backward – stepping right, left
- 3&4 Right coaster step – stepping right, left, right
- 5,6 Walk forward – stepping left, right
- 7,8 Step left foot forward, pivot ¼ turn right (weight ending on right foot)

TAG – 16 COUNTS

T[1-8]□□R Weave + R Sweep, L Weave + L Sweep

- 1,2 Cross step left foot over right, step right foot to right side
- 3,4 Cross step left foot behind right, sweep right toe around left leg
- 5,6 Cross step right foot behind left, step left foot to left side
- 7,8 Cross step right foot over left, sweep left toe around left leg

T[9-16]□□L Cross/R Touch, R Cross/L Touch, L Behind/R Touch, R Behind/L Touch

- 1,2 Cross step left foot over right, touch right toe to right side
- 3,4 Cross step right foot over left, touch left toe to left side
- 5,6 Cross step left foot behind right, touch right toe to right side
- 7,8 Cross step right foot behind left, touch left toe beside right foot

“SNAP!” – SECTION D – 32 COUNTS

D[1-8]□□“SEX!”□□L Grapevine, Hip Bumps (R,L,R,L)

- 1,2 Step left foot to left side slightly forward, cross step right foot behind left
- 3,4 Step left foot to left side, step right foot to place beside left
- 5,6,7,8 Bump hips right, left, right, left (or side body roll right, then left)

D[9-16]□□“SNAP!”□□R Side/Together, R Side/Touch, L Side/Together, L Side/Touch

- 1,2 Step right foot to right side, step left foot to place beside right
- 3,4 Step right foot to right side, touch left toe beside right foot (snap fingers)

5,6 Step left foot to left side, step right foot to place beside left
7,8 Step left foot to left side, touch right toe beside left foot (snap fingers)

D[17-24] □ □ R Press Fwd/Recover, R Press Fwd/Recover

1,2 Press ball of right foot diagonally forward and lean body forward
3,4 Recover weight onto left foot and straighten body up
5,6 Press ball of right foot diagonally forward, lean body forward
7,8 Recover weight onto left foot and straighten body up

D[25-32] □ □ R Weave, R Full Rolling Turn, R Side/Touch

1,2 Step right foot to right side, cross step left foot over right
3,4 Step right foot to right side, cross step left foot behind right
5,6 Full rolling turn right – stepping right, left
7,8 Step right foot to right side, touch left toe beside right foot

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**Liam Hrycan – Creator of Linedancer Magazine Dance of the Year 1999: “Pot Of Gold”
Also nominated for Linedancer Magazine Dance of the Decade 1997-2007
Awarded “Dance Of Legend” status by Rob Fowler’s Legends In Line – November 2016**

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