Make Me A Believer

拍數: 32

級數: Beginner / Improver

編舞者: Jan Brookfield (UK) - January 2017

音樂: Testify (feat. Crystal Waters) - Hifi Sean

Alt. music: -

Michael Bolton - Old Time Rock and Roll. "Boomerang" by Ward Thomas NOTE: The video intro is 8 counts shorter than the intro on the music download

Start after 16 seconds (just before vocals)

Section 1 : STEP, HOLD, RECOVER, ROCK, RECOVER, BEHIND, SIDE, CROSS SHUFFLE

- With body angled on right diagonal step R forward, hold, recover back onto L 1,2&
- 3.4 With body still angled on right diagonal rock R forward, recover onto L
- 5,6,7&8 Step R behind L, step L to left side, shuffle across to left on R,L,R

Section 2 : SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS SHUFFLE, STEP, ¼ PIVOT TURN

- 9.10.11.12 Rock L to left side, recover onto R, step L behind R, step R to right side
- 13&14 Shuffle across to right on L,R,L
- 15,16 Step R to right side, make a quarter pivot left transferring weight onto L (9 o'clock)

Section 3 : JAZZ BOX, TOUCH, STEP, SWIVEL, STEP, SWIVEL

- 17,18,19,20 Step R across L, step L back, step R to side, touch L next to R
- 21,22 Step L to left side keeping R in place with no weight, swivel R heel in towards L
- 23,24 Transfer weight onto R keeping L in place with no weight, swivel L heel in towards R

Section 4 : HIP BUMPS x 3, TOUCH, CHASSE ¼ TURN, CHASSE ¼ TURN

- Transfer weight onto L bumping hip out to side, transfer weight onto R bump R hip out to side 25,26
- 27,28 Transfer weight onto L bumping L hip out to side, touch R next to L
- 29&30 Chasse quarter turn right on R,L,R (12 0'clock)
- 31&32 Chasse another quarter turn right on L,R,L (3 o'clock)

KEEP IT GOING!





牆數:4