

Almost Love

拍數: 48 牆數: 2 級數: Easy Intermediate
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音樂: Skin - Rag'n'Bone Man : (CD: New Single 2017 - iTunes & other mp3 sites - 3:59)



Introduction: 16 counts, start on approx 12 sec, at the word "Skin"

Sequences: 48, 48, 48, Tag 8, 48, 48, 16, Ending.

Part I. [1-8] Walks Fwd R, L, R Ankle Rock, Sweep, Sailor Step, Together, Press Step L, Sweep with ¼ Turn L.

- 1-2 Walk R forward, Walk L forward.
3&4 Locked R behind L take weight onto R, Recover back onto L, Recover back onto R and sweep L from front to back.
5&6& Step L behind R, Step R to R, Step L to L, Step R beside L.
7-8 Press R forward, Making ¼ turn L (9) recover back onto R and sweep L from front to back.

Part II. [9-16] L Sailor Step, Touch, Point & Touch, Small Side Lunge, ¼ Turn L, Hitch, Down & Flexed Biceps Movements.

- 1&2& Step L behind R, Step R to R, Step L to L, Touch R beside L.
3&4 Point R out to R, Touch R beside L, Step R out to R with small lunge R.
5-6 Making ¼ turn L (6) over L, Hitch R knee rising up.
7&8 Step R out to R (bend) while you flexed your both biceps from both arms over two counts down, Touch L beside R.

Part III. [17-24] Side Step, Drag, Back Rock / Recover, Side Step, Drag with ¼ Turn L, Back Rock / Recover, Side, Together, Step, Fwd Rock / Recover.

- 1,2& Step L big to L and drag on R, Lock R behind L, Recover back onto L.
3,4& Making ¼ turn L (3) step R big to R and drag on L, Lock L behind R, Recover back onto R.
5&6 Step L to L, Step R beside L, Step L forward.
7-8 Step R forward, Recover back onto L.

Part IV. [25-32] 2x Back & Knee Pop L, R, Side, Together, Step, ¼ Turn L, Step (bend), Hitch, Up & Hitch, Runs Back R, L, Out.

- 1-2 Step R back while you pop L knee forward, Step L back while you pop R forward weight onto L.
3&4 Step R to R, Step L beside R, Step R forward.
5&6 Making ¼ turn L (12) step L forward (bend), Hitch R knee up, Coming up and hitch R knee up.
7&8 Stepping R back, Stepping L back, Step R out to R weight onto R.

PART V. [33-40] Pose with Holds, Side, Together, Step, Step, Pushing Hips Back, ¼ Sailor Turn L.

- 1-2 Make a free pose over two counts (Holds).
3&4 Step L to L, Step R beside L, Step L forward.
5-6 Step R forward, Recover back onto L while you pushing your hips back.
7&8 Step R behind L, Making ¼ turn L (9) step L to L, Step R forward.

PART VI. [41-48] Step, ½ Turn L, Back, & Pop, Walks Fwd R, L, Diamond ¼ Turn R.

- 1&2 Step L forward, Turning ½ L (3) step R back, Step L slightly back and Pop R knee forward weight onto L.
3&4 Walk R forward, Walk L forward.
5&6 Step R forward, Step L to L, Making 1/8 turn R (4.30) step R back.
7&8 Step L back, Step R to R squaring up at (6), Step L forward.

TAG: [1-8] Mambo Step, Sweep, ¼ Sailor Turn R, ½ Pivot Turn L, Together (Dip), Coming Up with ¼ Turn L.
1&2 Step R forward, Recover back onto L, Step R slightly back and sweep L from front to back.
3&4 Step L behind R, Making ¼ turn R (9) step R to R, Step L forward.
5-6 Step R forward, Pivot ½ turn L over L (3) weight onto L.
&7-8 Step R beside L (dip), Making ¼ turn L (12) over both feet, Coming up and take weight onto L.

REPEAT DANCE AND HAVE FUN!!

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