

Feed Your Ego

拍數: 80 牆數: 2 級數: Phrased Easy Intermediate
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音樂: Ego - Rag'n'Bone Man : (Single - iTunes & other mp3 sites)



Introduction: Start on approx 10 sec.

Sequences: A, B, A, B, A, Repeat last 16 counts part A (facing 3 o'clock), B, A 32, Ending.

Pattern A: 48 counts:

A I. [1-8] Side, ¼ Sailor Turn L, Sailor Step, ¼ Sailor Turn L, Together, Step.

1,2&3 Step L to L, Step R behind L, Making ¼ turn L (9) step L to L, Step R to R.
4&5 Step L behind R, Step R to R, Step L to L.
6&7 Step R behind L, Making ¼ turn L (6) step L to L, Step R to R.
&8 Step L beside R, Step R forward.

A II. [9-16] Side, Syncopated Sailors with ¼ Turn L, Back, ¼ Turn L, ¼ Paddle Turn L x2.

1,2&3 Step L to L, Step R behind L, Making ¼ turn L (3) step L to L, Step R to R.
&4&5 Step L behind R, Step R to R, Step L to L, Step R behind L
6-7-8 Making ¼ turn L (12) step L forward, Making 1/4 turn L (9) point R to R, Making 1/4 turn L (6) point R to R.

A III. [17-24] Heel Grind ¼ Turn R, Back & Touch Fwd, Step, ½ Pivot Turn L, ½ Turn L, Back, ¼ Turn L, Side.

1-2 Step R heel forward and grind to R, Making ¼ turn R (9) and step back onto L.
&3-4 Step R back, Touch L slightly forward, Step L forward.
5-8 Step R forward, Pivot ½ Turn L (3) onto L, Making ½ turn L (9) step R back, Making ¼ turn L (6) step L to L.

A IV. [25-32] Side, Behind, Side, Touch, ¼ Turn L, Step, Walk R, Hitch, Step, Coaster Step R.

1,2&3 Step R to R, Step L behind R, Step R to R, Touch L beside R.
4 Making ¼ turn L (3) step L forward.
5&6 Stepping R forward, Hitch L knee up, Step L back in place forward.
7&8 Step R back, Step L beside R, Step R forward.

A V [33-40] Basic Nightclub L, ¼ Turn L, Side, Touch, ¼ Walking Circle, Step, Lock, Step with ¼ Turn L.

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 (12) step R to R, Touch L beside R.
5-6 L+R walking ½ Circle L to 9 o'clock.
7&8 Making ¼ turn L (6) Step L forward, Lock R behind L, Step L forward.

A VI. [41-48] Back, Point L, Sailor Turn R, Side, Hold, Together, Side Rock / Recover.

1-2 Step R back, Point L out to L.
3&4 Step L behind R, Making ¼ Turn R (9) step R to R, Step L forward.
5-6 Step R to R, Hold.
&7-8 Step L beside R, Step R to R, Recover back onto L.

Ending Part A, you hear also a last 16 counts repeat of part A in the song.

Note: Than you touching L beside R (you forget the recover on L) (See above Sequences).

Pattern B: 32 counts:

B I. [1-8] Step, ¼ Turn R, Side, Back & Touch Fwd, Step, ½ Pivot Turn L, Walk Fwd R, L.

1,2&3 Step R forward, Making ¼ turn R (12) step L to L, Step R back, Touch L slightly forward.
4 Step L back in place forward.
5-8 Step R forward, Pivot ½ Turn L (6) onto L, Walk R forward, Walk L forward.

B II. [9-16] ¼ Pivot Turn L, Heel & Toe Swivel, Knee Lift R, Samba Step Across with ¼ Turn R, Step, Lock, Step.

- 1-2 Step R forward, Pivot ¼ Turn L (3) over L taking weight onto L.
3&4 Swivel R Heel to L, Swivel L toes to L, Lift R knee up.
5&6 Cross R over L, Making ¼ R (6) step L to L, Step R to R.
7&8 Step L forward, Lock R behind L, Step L forward.

B III. [17-24] Step, ¼ Turn R, Side, Back & Touch Fwd, Step, ½ Pivot Turn L, ½ Turn L, Back, ¼ Turn L, Side.

- 1,2&3 Step R forward, Making ¼ turn R (9) step L to L, Step R back, Touch L slightly forward.
4 Step L back in place forward.
5-8 Step R forward, Pivot ½ Turn L (3) onto L, Making ½ turn L (9) step R back, Making ¼ turn L (6) step L to L.

B IV. [25-32] Side, Behind, Knee Lift R, Replace, Side, Behind, Knee Lift R, Out, Out, Weave L Across with Sweep L, Sailor Touch.

- 1-2& Step R to R, Step L behind R and lift R knee up, Step R back in place slightly to R.
3&4 Step L behind R and lift R knee up, Step R out to R, Step out to L.
5&6 Step R across L, Step L to L, Step R behind L, Sweep L from front to back.
7&8 Step L behind R, Step R to R, Touch L beside R weight onto R.

REPEAT DANCE AND HAVE FUN!!

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