Not Your #1

拍數: 32

級數: Improver

編舞者: Gemma Ridyard (UK) - February 2017

音樂: Ciao Adiós - Anne-Marie : (iTunes)

Intro: 32 counts from the heavy beat Restart after 16 counts on wall 3

Section 1: Side back rock, side back rock, volta full turn 1&2 Step RF to right side (1) rock LF behind RF (&) Replace weight to RF (2) 3&4 Step LF to right side (1) rock RF behind LF (&) Replace weight to LF (2) 5&6&7&8 Making a full turn over your right shoulder, stepping R,L,R,L,R,L,R (RF finishes slightly across LF) Section 2: Ball cross shuffle, 1/2 left cross shuffle, mambo R, mambo L &1&2 step LF slightly to the side, step RF over L, step LF slightly to the side, step RF over L 3&4 Make a 1/2 turn left cross the LF over R, step RF to R side, cross LF over R 5&6 rock RF to R side, replace weight to L, step RF next to LF 7&8 rock LF to L side, replace weight to R, step LF next to RF (Restart Here After Wall 3 Facing 12 O'clock) Section 3: Syncopated ¼ diamond turn, Kick and touch Lf forward, bend both knees and straighten 1&2 cross RF over LF, turn 1/8 turn R step back on LF, step back on RF 3&4 step LF behind R, turn 1/8 turn R step RF forward, step LF forward Kick RF forward, step RF next to LF, touch L toe forward 5&6 7-8 Bend both knees (sit down), straighten both knee's (stand up) Section 4: R forward mambo, walk L & R (shimmy), L coaster step, out out in in 1&2 Rock RF forward, Replace weight to LF, step RF back 3-4 step LF back, step RF back (optional styling shimmy shoulders) 5&6 step back on LF, step RF next to LF, step forward on LF &7&8 step out on R heel, step out on L heel, step R foot in, step LF next to RF (weight finishes on LF)

Last Update - 27th Feb 2017





牆數:4