

Almost Human

拍數: 32 牆數: 2 級數: Improver
編舞者: Anna Oldberg (SWE) - February 2017
音樂: Human - Rag'n'Bone Man : (Spotify)



Intro: 16 counts

S1) [1 – 8&1] □ Rocking chair, Lock step, Back, Sailor, Sailor cross □ -12:00

1&2&3&4 Rf rock back, recover on Lf, Rf rock forward, recover on Lf, Rf step back, Cross Lf over Rf, Rf step back
5, 6&7, 8&1 Lf step back while sweeping Rf from forward to back, Cross Rf behind Lf, Step Lf to left side, Step Rf to right side, Cross Lf behind Rf, step Rf to right side, Cross Lf over Rf

S2) [2 – 8&] □ Vine into mambo cross, Chassé, Touch, Point, Close, Point/Touch □ -12:00

2&3&4 Step Rf to right side, Cross Lf behind Rf, Step/Rock Rf to right side, Recover on Lf, Cross Rf over Lf
5&6&7, 8& Step Lf to left side, Step Rf beside Lf, Step Lf to left side, Touch Rf beside Lf, Point Rf to right side, Step Rf beside Lf, Point Lf to left side (or touch beside Rf)

S3) [1 – 8&1] □ Left Dorothy, Right Dorothy, Step, Vine ¼, Vine ¼ □ -12:00

1, 2& 3, 4& 5 Step Lf diagonally forward, Lock Rf behind Lf, Step Lf diagonally forward, Step Rf diagonally forward, Lock Lf behind Rf, Step Rf diagonally forward, Step Lf forward
6&7 Step Rf to right side, Cross Lf behind Rf, ¼ right stepping forward on Rf □ -3:00
8&1 Step Lf to left side, Cross Rf behind Lf, ¼ left stepping forward on Lf □ -12:00

S4) [&2 – 8] □ Monterey ¼, Point, Close, Monterey ¼, Step, Mambo, Jump □ -12:00

&2&3&4 Point Rf to right side, ¼ right stepping down on Rf, Point Lf to left side, Step Lf beside Rf, Point Rf to right side, ¼ right stepping down on Rf
5, 6&7, 8 * □ Step forward on Lf, Rock Rf forward, Recover on Lf, Close Rf beside Lf, Jump forward on Lf or both feet (Choreographer comment: short jump, almost/more like a rock to keep from wanting to move forward. The beginning of the dance starts stepping back on Rf), weight slightly more on Lf
8 * - Option/Variation on last step: jump forward on Lf or jump forward on Lf with a slight hitch with Rf

TAG: □ after wall 6 facing 12:00 □

T1) [1 – 4] □ Side with shoulder roll, Recover with shoulder roll □

1, 2, 3, 4 Step R to R Side Leaning R Rolling R Shoulder Front-Up-Back, Recover Slowly on L Rolling L Shoulder Front-Up-Back □ -12:00

Ending: Dance up to and including count 5 (Lf step forward), now facing 6:00. Do the mambo step with a ½ turn right (Rf rock forward, Recover on Lf, ½ turn right stepping forward on Rf). The music slows down a little at the end, but keep the tempo.

Choreographer comment: this dance was created to enable non-advanced dancers to dance to this great music.

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