So Beautiful

拍數: 32

級數: Intermediate

編舞者: Betty Moses (USA) - June 2017

音樂: Beautiful - 8Track - Walker Hayes : (Album: 8 Track)

Alt. music: Body Like A Back Road by Sam Hunt - 16 Count Intro, Restart wall 5 after 16 Counts (Change ½ pivot to ¼ pivot and Restart the dance facing 12:00) Count In: 30 Counts (Start on Vocals) Sequence: 32-8-32-8-32-32-8-32-32-32-14 Step, Rock Back/Recover, Side Rock/Recover/Cross, ½ Hinge Turn, crossing Triple 1-3 Step L to side, Rock back on R, Recover weight on L 4&5 Rock R side, Recover weight on L, Cross R over L 6-7 Step back on L turning ¼ right, Step R to side turning ¼ right [6:00] Cross L over R, Step R to side, Cross L over R 8&1 (Restart change count 8 to a touch walls 2, 4 & 7) \Box Side Rock/Recover, Sailor Step, Sailor ¼ Turn, ½ Pivot Turn□ 2-3 Rock R to side, Recover weight on L 4&5 Right sailor step 6&7 Left sailor 1/4 turn left [3:00] Step forward on R, Pivot ¹/₂ turn left [9:00] 8-1 Walk R/L, Rock Back/Recover, Full Turn, Sailor ¼ Turn□ Walk forward on R, Walk forward on L 2-3 4&5 Rock back on ball of R foot, Recover weight on L, Step back on R 6-7 Step forward on L turning 1/2 left, Step back on R turning 1/2 left sweeping L 8&1 Left sailor 1/4 turn [6:00] (Easier Option: Counts 6-7, step back on L sweep R, Step back on R sweep L) Skate Forward R/L, Mambo Forward, Mambo Back, Step Right to Side 2 - 3Skate forward on R, Skate forward on L Easier option - walk forward on 2-3 4&5 Rock forward on R, Recover weight on L, Step back on R 6&& Rock back on L, Recover on weight R, Step forward on L 8 Step R to side swaying hips to right Restart Walls: 2, 4 & 7 1-3 Step L to side, Rock back on R, Recover weight on L 4&5 Rock R side, Recover weight on L, Cross R over L 6-7 Step back on L turning ¼ right, Step R to side turning ¼ right 8 Touch L next to R Restarts are not difficult, just Enjoy! Contact: dorbmoses@msn.com





牆數:2