

Hear Me Now!

拍數: 48 牆數: 2 級數: Phrased Intermediate
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音樂: Hear Me Now - Alok, Zeeba & Bruno Martini : (iTunes)



INTRO: 32 Counts – Sequence: AAA B AAA B AAA

A : 32 COUNTS

A1: WALK x2-SHUFFLE-STEP-PIVOT ½ TURN R-1/2 TURN R-1/4 TURN R

1-2 Step R forw, Step L forw
3&4 Step R forw, Step L next to R, Step R forw
5-6 Step L forw, Pivot ½ turn R (F06)
7-8 ½ turn R stepping L back , ¼ turn R stepping R to R side (F03)

A2: CROSS-SIDE-SAILOR STEP-POINT FRONT-POINT SIDE-HOLD-TOGETHER-SIDE STEP

1-2 Cross L over R, Step R to R side
3&4 Cross L behind R, Step R to R side, Step L to side
5-6 Point R foot in front of L, Point R foot out to R side
7&8 Hold, Step R next to L, Step L to L side

A3: CROSS RECOVER-CHASSE-CROSS-1/4 TURN L-BACK-POINT

1-2 Cross R over L, Recover onto L
3&4 Step R to R side, Step L next to R, Step R to R side
5-6 Cross L over R, ¼ turn L stepping R back (F12)
7-8 Step L back, Point R back

A4: STEP-TOUCH with CLAP-STEP-TOUCH with CLAP-STEP-PIVOT ½ TURN L-STEPx2

1-2 Step R diagonal forw to R, Touch L next to R (clap hands & lean forw on count 2)
3-4 Step L diagonal forw to L, Touch R next to L (clap hands & lean forw on count 4)
5-6 Step R forw, Pivot ½ turn L (F06)
7-8 Step R forw, Step L forw (small steps with bend knees)

B: 16 COUNTS

B1: STEP FORW x2-RECOVER-BACK WITH SWEEP-CROSS BEHIND-SIDE-CROSS-SIDE RECOVER-CROSS-SIDE RECOVER

1-2& Step R forw, Step L forw, Recover onto R
3-4& Step L back & sweep R out to R side at same time, Cross R behind L, Step L to L side
5-6& Cross R over L, Step L to L side, Recover onto R
7-8& Cross L over R, Step R to R side, Recover onto L

B2: STEP FORW x2-RECOVER-BACK WITH SWEEP-CROSS BEHIND-SIDE-CROSS-SIDE RECOVER-CROSS-1/4 TURN L-1/4 TURN L

1-2& Step R forw, Step L forw, Recover onto R
3-4& Step L back & sweep R out to R side at same time, Cross R behind L, Step L to L side
5-6& Cross R over L, Step L to L side, Recover onto R
7-8& Cross L over R, ¼ turn L stepping R back (F09), ¼ turn L stepping L to L side (F06)

PART B ALWAYS START F 06.

ENJOY!!

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