Perfect Picture



拍數: 104 牆數: 1 級數: Phrased Advanced 編舞者: Fred Whitehouse (IRE) & Jean-Pierre Madge (CH) - September 2017

音樂: Let Me Go by Hailee Steinfield, Alesso, Florida Georgia Line & Watt



Section: A-B-C-A-B-C*-C-B

Part A: 48 counts

A1: Step, ¼ Turn, Sailor ½, Sweep Cross Back Back Cross, Touch.

1-2 Step R forward (1), 1/4 R Step L to L (2),

3&4 Cross R behind L (3), ¼ Step L to L (&), ¼ Step R forward and Sweep L forward(4),

5&6&7 Sweep L over R (5), Cross L over R (&), Step R back (6), Step L to L(&), Cross R over L(7),

8 Touch L to L (8).

A2: Rock, back ¼ and Touch and Touch, ¼ Step, ½ Pencil turn, Cross side Touch.

1-2 Rock L forward (1), Recover (2)

7&8 Cross R over L (7), Step L to L (&), Touch R behind L (8).

A3: Bounce ½ turn, Step Sweep, Cross ball ¼ turn, Camel walks.

1-2 ½ R bouncing heels twice weight on L (1-2),

3-4 Step R forward and sweep L over R (3), Cross L over R (4),

&5 Ball Step ¼ L (&5),

6-7-8 3 Camel Walks R,L,R (6-7-8) add arms to the camel walks – make a picture frame by using

your index finger and thumb of each hand, first camel walk Left hand must be on top, second camel walk the Right hand must be on top and on the third camel walk, hold both hands

forward with a thumbs up and a cheesy face

A4: Rock and Back, Behind side Cross and Cross, Spiral turn, Step, Rock Recover.

1&2 Rock L forward (1), Recover (&), Step L back (2),

3&4&5 Step R Back (3) ¼ L Step L to L (&), Cross R over L (4), Step L to L (&), Cross R over L (5)

6 Keeping weight on R, 1 ¼ turn to L (6)

7-8& Step L forward (7), Rock R forward (8), Recover on L (&).

A5: Touch Back Body Roll, Ball Touch, Pivot Turn, Sailor step, Sailor 1/4 turn.

1-2 Touch R behind and Start a Body Roll from your head (1), Finish the body roll and transfer

the weight on your R (2),

&3-4 Step L next R (&), Touch R Behind (3), pivot ¼ R weight on L (4)

5&6 Step R behind L (5), Step L to L (6), Step R to R (6), 7&8 Step L behind R (7), ¼ L Step R to R(&), Step L to L (8).

A6: And Drag, Ball step, Walk Walk, Step Turn Step.

&1-2-3 R hand forward, palm facing down (&) While dragging R next to L raise R hand up (1-2-3),

&4 Step R next L(3), Step L forward (4),

5-6 Walk R,L (5-6),

7&8 Step R forward (7), Pivot ½ L(&), Step R forward (8).

Part B: 24 counts

B1: Back, Back, Out-Out Hands.

1-2 Walk back L (1), Walk back R (2), arms – R hand to L shoulder (1) L hand to R shoulder (2)

&3 Step L out (&), Step R out (3) arms- swap both hands to other shoulder (&) close hands in

front of chest In a praying position (3)

4 5&6&	Raise both hands up in front of face (4) Slide R hand up as R wrist gets to L finger tip level (5) fold R hand so it points to 9.00 (&) pull R hand back so R finger tips are beside L finger tips making a 90 degree angle (6) slide R hand down L hand and stop at L wrist level (&)
7&8	Fold L hand on top of R hand (elbows still up) (7) slide both arms together so hands meet elbows (&) slide both arms apart so hands are on top of each other (8)
Hands	
1-2	Snake roll arms from R to L starting from R elbow
3&4	Raise L arm up with L palm facing down as you keep R hand touching L elbow (3) drop L arm down pointing to 12.00 with L palm facing you (&) slap the back of R hand into the L palm (4)
5&6&	Make a ¼ turn R keeping hands out in front (5) push both hands down as u raise up on tip toes (&) place weight down transferring weight on to L (6) step back R pointing R index finger toward your R ear (&)
7&8	Step out L pointing L index finger to L ear (7) lean weight on to L as you cross both hands in front (&) pull both hands apart like cutting throat (8) weight stays on L
B2: Side Ball (Cross, ¼ Side Ball Cross, Side Ball Cross, ¼ Side Ball Cross.
1a2	Step R to R(1), Step L next R (a), Cross R over L (2)
3a4	1/4 L Step L to L (3), Step R next L (a), Cross L over R (4)
5a6	Step R to R (5), Step L next R (a), Cross R over L (6)
7a8	1/4 L Step L to L (7), Step R next L (a), Cross L over R (8).
B3: Volta full t	urn, Touch and Touch and Touch, Touch.
1&2&3&4	Make a full turn to R shoulder stepping R, L, R, L, R, L, R (1&2&3&4)
5&6	Touch/rock L forward (5), Step L back (&), Touch/rock R forward (6),
070	
& 7-8	Step R back (&) Touch/fock L forward (7), Step L back (&), Touch R forward (6)
	Step R back (&) Touch/rock L forward (7), Step L back (&), Touch R forward (8) you count 5e&a6e&a7 Hold on 8)
	ou count 5e&a6e&a7 Hold on 8)
(on the video y Part C: 32 cou C1: Rock in C	you count 5e&a6e&a7 Hold on 8) Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step.
(on the video y	vou count 5e&a6e&a7 Hold on 8)
(on the video y Part C: 32 cou C1: Rock in C	you count 5e&a6e&a7 Hold on 8) Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step.
(on the video y Part C: 32 cou C1: Rock in C 1&2&	nts hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&),
Con the video y Part C: 32 cou C1: Rock in C 1&2& 3&4	nts hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4)
C1: Rock in C 1&2& 3&4 5&6 7&8 C2: Rock in ch	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ¼ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back.
Part C: 32 cou C1: Rock in C 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2&	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ¼ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&),
C2: Rock in ch 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2& 3&4	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ¼ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), ¼ L Cross L over R (3), Step R to R (&), Step L behind R (4),
Part C: 32 cou C1: Rock in C 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2&	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ¼ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&),
C2: Rock in ch 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2& 3&4	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ¼ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), ¼ L Cross L over R (3), Step R to R (&), Step L behind R (4),
C2: Rock in ch 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2& 3&4 5&6 7&8	Ints Ints Inits Inits Inits Inits Init and Chassé, Cross Side back ½ Turn, Coaster Step. In Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), In Step R forward (3), Step L next R (&), Step R forward (4) If L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), In Step R back (7), Step L next R (&), Step R forward (8). In Initial Init
C2: Rock in ch 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2& 3&4 5&6 7&8	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ¼ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). Hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), ¼ L Cross L over R (3), Step R to R (&), Step L behind R (4), ¼ L Step R back (5), Step L to L (&), Cross R over L (6), ¼ L Cross L over R (7), Step R to R (&), Step L behind R(8).
C2: Rock in ch 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2& 3&4 5&6 7&8 C3: Press and	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ½ L Cross Lover R (5), Step R to R (&), ½ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), ¼ L Cross L over R (3), Step R to R (&), Step L behind R (4), ¼ L Step R back (5), Step L to L (&), Cross R over L (6), ¼ L Cross L over R (7), Step R to R (&), Step L behind R(8). Press and Side Touch Side, Sailor ½ turn, Shimmy Side.
C2: Rock in C1 1&2& 3&4 5&6 7&8 C2: Rock in C1 1&2& 3&4 5&6 7&8 C3: Press and 1&2& 3&4 5&6 7&	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ¼ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). Hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), ¼ L Cross L over R (3), Step R to R (&), Step L behind R (4), ¼ L Step R back (5), Step L to L (&), Cross R over L (6), ¼ L Cross L over R (7), Step R to R (&), Step L behind R(8). Press and Side Touch Side, Sailor ½ turn, Shimmy Side. Going backward press R to R (1), Step R behind L (&), Press L to L (2), Step L behind R (&),
C2: Rock in C1 1&2& 3&4 5&6 7&8 C2: Rock in C1 1&2& 3&4 5&6 7&8 C2: Rock in C1 1&2& 3&4 5&6 7&8 C3: Press and 1&2& 3&4 3&4	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ¼ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). Hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), ¼ L Cross L over R (3), Step R to R (&), Step L behind R (4), ¼ L Step R back (5), Step L to L (&), Cross R over L (6), ¼ L Cross L over R (7), Step R to R (&), Step L behind R(8). Press and Side Touch Side, Sailor ½ turn, Shimmy Side. Going backward press R to R (1), Step R behind L (&), Press L to L (2), Step L behind R (&), Touch R to R (3), Touch R next L (&), Step R to R (4),
C1: Rock in C1 1&2& 3&4 5&6 7&8 C2: Rock in C1 1&2& 3&4 5&6 7&8 C3: Press and 1&2& 3&4 5&6 7&8 C4: Rock and	Ints Inits Inits Inits Init and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) 1/4 L Cross Lover R (5), Step R to R (&), 1/4 L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). Init and 1/4 Cross Side Back, 1/4 Back side Cross, 1/4 Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), 1/4 L Cross L over R (3), Step R to R (&), Step L behind R (4), 1/4 L Step R back (5), Step L to L (&), Cross R over L (6), 1/4 L Cross L over R (7), Step R to R (&), Step L behind R(8). Press and Side Touch Side, Sailor 1/2 turn, Shimmy Side. Going backward press R to R (1), Step R behind L (&), Press L to L (2), Step L behind R (&), Touch R to R (3), Touch R next L (&), Step R to R (4), Cross L behind R (5), 1/4 L Step R to R (&), 1/4 L Cross L over R (6), Big Step R to R (7), Shimmy shoulders (&) Step L next R (8). Cross, Rock and Cross, Paddle turn.
Part C: 32 cou C1: Rock in C 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2& 3&4 5&6 7&8 C3: Press and 1&2& 3&4 5&6 7&8 C4: Rock and 1&2	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ½ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). Hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), ¼ L Cross L over R (3), Step R to R (&), Step L behind R (4), ¼ L Step R back (5), Step L to L (&), Cross R over L (6), ¼ L Cross L over R (7), Step R to R (&), Step L behind R(8). Press and Side Touch Side, Sailor ½ turn, Shimmy Side. Going backward press R to R (1), Step R behind L (&), Press L to L (2), Step L behind R (&), Touch R to R (3), Touch R next L (&), Step R to R (4), Cross L behind R (5), ¼ L Step R to R (&), ¼ L Cross L over R (6), Big Step R to R (7), Shimmy shoulders (&) Step L next R (&). Cross, Rock and Cross, Paddle turn. Rock R to R (1), Recover (&), Cross R over L (2),
C1: Rock in C1 1&2& 3&4 5&6 7&8 C2: Rock in C1 1&2& 3&4 5&6 7&8 C3: Press and 1&2& 3&4 5&6 7&8 C4: Rock and	Ints Inits Inits Inits Init and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) 1/4 L Cross Lover R (5), Step R to R (&), 1/4 L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). Init and 1/4 Cross Side Back, 1/4 Back side Cross, 1/4 Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), 1/4 L Cross L over R (3), Step R to R (&), Step L behind R (4), 1/4 L Step R back (5), Step L to L (&), Cross R over L (6), 1/4 L Cross L over R (7), Step R to R (&), Step L behind R(8). Press and Side Touch Side, Sailor 1/2 turn, Shimmy Side. Going backward press R to R (1), Step R behind L (&), Press L to L (2), Step L behind R (&), Touch R to R (3), Touch R next L (&), Step R to R (4), Cross L behind R (5), 1/4 L Step R to R (&), 1/4 L Cross L over R (6), Big Step R to R (7), Shimmy shoulders (&) Step L next R (8). Cross, Rock and Cross, Paddle turn.
Part C: 32 cou C1: Rock in C 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2& 3&4 5&6 7&8 C3: Press and 1&2& 3&4 5&6 7&8 C4: Rock and 1&2	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ½ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). Hair and ¼ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), ¼ L Cross L over R (3), Step R to R (&), Step L behind R (4), ¼ L Step R back (5), Step L to L (&), Cross R over L (6), ¼ L Cross L over R (7), Step R to R (&), Step L behind R(8). Press and Side Touch Side, Sailor ½ turn, Shimmy Side. Going backward press R to R (1), Step R behind L (&), Press L to L (2), Step L behind R (&), Touch R to R (3), Touch R next L (&), Step R to R (4), Cross L behind R (5), ¼ L Step R to R (&), ¼ L Cross L over R (6), Big Step R to R (7), Shimmy shoulders (&) Step L next R (&). Cross, Rock and Cross, Paddle turn. Rock R to R (1), Recover (&), Cross R over L (2),
Part C: 32 cou C1: Rock in C 1&2& 3&4 5&6 7&8 C2: Rock in ch 1&2& 3&4 5&6 7&8 C3: Press and 1&2& 3&4 5&6 7&8 C4: Rock and 1&2 3&4	Ints hair and Chassé, Cross Side back ½ Turn, Coaster Step. Rock R forward (1), Recover back (&), Rock R back (2), Recover forward (&), Step R forward (3), Step L next R (&), Step R forward (4) ½ L Cross Lover R (5), Step R to R (&), ¼ L Step L back (6), Step R back (7), Step L next R (&), Step R forward (8). Hair and ½ Cross Side Back, ¼ Back side Cross, ¼ Cross Side Back. Rock L forward (1), Recover back (&), Rock L back (2), Recover forward (&), ¼ L Cross L over R (3), Step R to R (&), Step L behind R (4), ¼ L Step R back (5), Step L to L (&), Cross R over L (6), ¼ L Cross L over R (7), Step R to R (&), Step L behind R(8). Press and Side Touch Side, Sailor ½ turn, Shimmy Side. Going backward press R to R (1), Step R behind L (&), Press L to L (2), Step L behind R (&), Touch R to R (3), Touch R next L (&), Step R to R (4), Cross L behind R (5), ¼ L Step R to R (&), ¼ L Cross L over R (6), Big Step R to R (7), Shimmy shoulders (&) Step L next R (&). Cross, Rock and Cross, Paddle turn. Rock R to R (1), Recover (&), Cross R over L (2), Rock L to L (3), Recover (&), Cross L over R (4),

(After the 2nd C, you do 1/4 L more to start part C at 9 o'clock)