

100 Like Me

拍數: 32 牆數: 2 級數: Novice
編舞者: Daniel Trepát (NL) & Pim van Grootel (NL) - November 2017
音樂: 100 Like Me - Stephanie Rainey



Intro : 28 counts

[1-8] : Cross – touch – ¼ - side rock ¼ - weave – side – hold – ball side

1-2 Cross LF over RF – Point RF to R
3&4 ¼ turn R Stepping RF forward – ¼ R Stepping LF to L – Recover on RF
5&6& Cross LF over RF – RF to R – Cross LF behind RF – RF to R
7&8 hold – LF next to RF – RF to R

[9-16] : Cross & Sweep – Cross – ¼ L – Shuffle – ½ R – ¼ side rock

1-2-3 Cross LF over RF and sweep RF from the back to the front – Cross RF over LF – ¼ L
 Stepping L Forward
4&5 R Shuffle Forward
6-7-8 ½ R stepping LF back – ¼ R Stepping RF to R – Recover on LF with ¼ L

[17-24] : ½ Shuffle – ¼ Shuffle – Mambo Side – Sway R – Sway L

1&2 ½ L with R Shuffle
3&4 ¼ F with L Shuffle
5&6 Cross RF over LF – Recover on LF – RF to R
7-8 Sway to L – Sway to R

***** Restart on the 4th wall *****

[25-32] : Ball side – Hold – Ball Side Rock- ½ L Side Rock – ½ - ¼

&1-2 LF next to RF – RF to R - Hold
&3-4 LF next to RF – RF to R – Recover on LF with ¼ L
&5-6 RF next to LF – ¼ L stepping LF on L – Recover on RF with ¼ R
7-8 ½ R Stepping LF Back – ¼ R stepping RF on R

Tag : At the end of the back wall Add 4 counts

1-2 LF next to RF & put your hands on your eyes – Hold
3-4 RF to R & open your arms – Hold

You also have to do the same arms movements on the count 1-2 when you begin again the dance.

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