Red Velvet Seat

拍數: 48   牆數: 4   級數: Intermediate

編舞者: Malene Jakobsen (DK) - February 2018

音樂: Red Velvet Seat - Aloe Blacc : (Album: Lift Your Spirit - iTunes - 3:24)

Intro: 24 counts from the beginning, 11 sec. into track - dance begins with weight on R

[1-6] Fwd. with sweep 1/4, cross side behind

1-2-3   (1-2-3) Step fwd. on L sweeping R from back to front making 1/4 turn L 9.00

4-5-6   (4) Cross R over L, (5) step L to L, (6) cross R behind L 9.00

[7-12] 1/4 , point, hold, 3/4 Monterey, side rock

1-2-3   (1) Turn 1/4 L, (2) point R to R, (3) hold 6.00

4-5-6   (4) Turn 3/4 R and step R next to L, (5) rock L to L, (6) recover onto R 3.00

[13-18] L twinkle, R twinkle

1-2-3   (1) Cross L over R, (2) step R diagonally fwd. R, (3) step L diagonally fwd. L 3.00

4-5-6   (4) Cross R over L, (5) step L diagonally fwd. L, (6) step R diagonally fwd. R 3.00

[19-24] Cross shuffle, 1/4, side, cross

1-2-3   (1) Cross L over R, (2) step R to R, (3) cross L over R 3.00

4-5-6   (4) Turn 1/4 L stepping back on R, (5) step L to L, (6) cross R over L 12.00

[25-30] Side, hold and prep for turning, L full turn

1-2-3   (1) Step L to L (2-3) angle your body towards R diagonal prepping to turn L 12.00

4-5-6   (4) Recover onto R making full turn L on ball of R leaving L foot free to cross over R 12.00

[31-36] Diamond 1/4 L

1-2-3   (1) Cross L over R, (2) step R to R, (3) turn 1/8 L crossing L slightly behind R 10.30

4-5-6   (4) Step back on R, (5) turn 1/8 stepping L to L, (6) cross R over L 9.00

[37-42] Rock, 1/4, recover, 1/4 ,

1-2-3   (1) Rock L to L, (2) on ball of L make 1/4 R, (3) recover onto R 9.00

4-5-6   (4-5) Turn 1/4 R and on ball of L continue another 1/2 R, (6) step R to R 9.00

[43-48] Cross, sweep, R twinkle

1-2-3   (1-2-3) Cross L over R sweeping R from back to front, 9.00

4-5-6   (4) Cross R over L, (5) step L diagonally fwd. L, (6) step R diagonally fwd. R 9.00

Ending Wall 9 is the last wall and starts facing 12.00 – last 3 counts (45-48) just twinkle 1/4 R and finish at 12.00

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