

Capital Letters

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - March 2018
音樂: "Capital Letters" by Hailee Steinfeld



Intro 16 tellen

S1: WALK FWD, MAMBO FWD, SYNCOPATED JAZZBOX, POINT

1-2 Step RF fwd, Step LF fwd
3&4 Rock RF fwd, Recover weight on LF, Step RF back
5&6 Cross LF over RF, Step RF back, Step LF to L side
7-8 Cross RF over LF, Point LF to L side

S2: CROSS, OUT OUT, BALL CROSS, SIDE, BACK ROCK, KICK BALL CROSS, SIDE

1&2 Cross LF over RF, Step RF to R side, Step LF to L side
&3-4 Step on R ball next to LF, Cross RF over LF, Step RF to R side
5& Rock back on LF, Recover weight on RF,
6&7-8 Kick LF fwd, Step LF next to RF, Cross RF over LF, Step LF to L side

S3: HINGE ½ TURN R, TOGETHER, CROSS SHUFFLE, ROCK ¼ TURN R, SHUFFLE FWD

1-2 ½ turn R-step RF to R side, Step LF next to RF - 06.00
3&4 Cross RF over LF, step LF to L side, Cross RF over LF
5-6 Rock LF to L side, Recover ¼ turn R-weight on R - 09.00
7&8 Step LF fwd, Step RF next to LF, Step LF fwd

S4: ROCKING CHAIR, PIVOT ½ TURN L, KICK & LOCK STEP, STEP LOCK

1&2& Rock RF fwd, Recover weight on LF, Rock RF back, Recover weight on LF
3-4 Step RF fwd, ½ turn L-weight on LF - 03.00
5&6& Kick RF diagonal fwd, Step down on RF diagonal, Lock LF behind RF, Step RF fwd
7-8 Step LF diagonal fwd, Step RF behind LF

S5: FWD, ROCK, SHUFFLE BACK, BACK ROCK, CHASE R

1-2 Rock LF fwd, Recover weight on RF
3&4 Step LF back, Step RF next to LF, Step LF back
5-6 Rock RF back, Recover weight on LF
7&8 Step RF to R side, Step LF next to RF, Step RF to R side

S6: SAILOR STEP, SAILOR ½ TURN R CROSS, ¾ TURN L, SHUFFLE ½ TURN L

1&2 Step LF behind RF, Step RF to R side, Step LF to L side
3&4 Step RF behind LF, ½ turn R-step LF slightly to L side, Cross RF over LF - 09.00
5-6 ¼ turn L-step LF fwd, ½ turn L-step RF back - 12.00
7&8 ¼ turn L-step LF to L side, Step RF next to LF, ¼ turn L-step LF fwd - 06.00

*** Restart wall 2

S7: FWD ROCK, SHUFFLE 3/8 TURN R, ROCK FWD, BACK, ½ TURN R, STEP FWD

1-2 Rock RF fwd, recover weight on LF
3&4 ¼ turn R-step RF to R side, Step LF next to RF, 1/8 turn R-step RF fwd - 10.30
5-6 Rock LF fwd, Recover weight on RF
7&8 Step LF back, ½ turn R-step RF fwd, Step LF fwd - 4.30

S8: CROSS, BACK, CHASSE RIGHT, CROSS ROCK, SIDE ROCK, BACK KNEE POP

1-2 Cross RF over LF, step LF back - 6.00
3&4 Step RF to R side, Step LF next to RF, Step RF to R side

5-6 Rock LF across RF fwd, Recover weight on RF
7&8 Rock LF to L side, Recover weight on RF, Step LF slightly back and pop R knee up

Restart: wall 2 after 48 counts

Tag: After wall 4

WALK FWD, STEP FWD ½ TURN L STEP FWD, WALK FWD, STEP FWD ½ TURN R STEP FWD

1-2 Step RF fwd, Step LF fwd
3&4 Step RF fwd, ½ turn L-weight on LF, Step RF fwd
5-6 Step LF fwd, Step RF fwd
7&8 step LF fwd, ½ turn R-weight on RF, Step LF fwd

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