

Keep It Lit

拍數: 48
編舞者: Kety B (IT) - March 2018
音樂: Keep It Lit - Tegan Marie

牆數: 1

級數: Phrased Intermediate



Seq: A- A- B- B- TAG- BREAK TIME- B- A- B- B- TAG- BREAK TIME- B- A (24COUNT, NO JAZZ BOX)- A- B- TAG- TAG- JAZZ BOX RF E LF- BREAK TIME- B- B(COUNT 4) - STOMP

PARTE A: 32 counts

A1: CHASSE' RF, COASTER STEP, CHASSE' LF, COASTER STEP:

1&2 Step Rf To Rf With Rf, Lf Close, Step Rf With Rf
3-4 Rock Step Back With Lf
5&6 Step Lf With Lf, Rf Close, Step Lf With Lf
7-8 Rock Step Back With Rf

A2: SHUFFLE FORWARD, STEP TOURN, SHUFFLE BACK, STEP TOURN:

1&2 Step Forward With Rf, Lf Close, Step Forward With Rf
3-4 Step Lf Forward, 1/2 Tourn Rf
5&6 Step Forward With Lf, Rf Close, Step Forward With Lf
7-8 Step Rf Forward, 1/2 Tourn Lf.

A3: STEP , CLOSE:

1-2 Step To The Rf With The Rf, Close The Lf Near The Rf
3-4 Step To The Lf With The Lf, Close The Rf Near The Lf
5-6 Step Back Rf, Close The Lf Near The Rf
7-8 Step Forward Lf, Close The Rf Near The Lf.

A4: JAZZ BOX:

1-2 cross RF over LF, step LF back
3-4 step RF side, step LF forward
5-6 cross LF over RF, step RF back
7-8 step LF side, step RF forward

PARTE B: 16 counts

B1: SIDE SWITCHES, HEEL SWITCHES, CROSS ROCK JUMP, SHUFFLE BACK:

1&2 Touch Rf Toe To Side, Step Rf Together, Touch Lf To Side, Step Lf Together
3&4 Touch Rf Heel Forward, Step Rf Together, Touch Lf Heel Forward, Step Lf Together
5-6 Cross Rock Rf Jump Over Lf, Recover Onto Lf
7&8 Step Back Ward With Lf, Close The Rf, Tep Ck With Lf

B2: SIDE SWICHES, HEEL SWICHES, CROSS JUMP, STEP KICK BALL CHANGE:

1&2 Touch Rf Toe To Side, Step Rf Together, Touch Lf Toe To Side, Step Lf Together
3&4 Touch Rf Heel Forward, Step Rf Together, Touch Lf Heel Forward, Step Lf Together
5&6 Kick Forward With Rf Foot, Rf Step Near The Lf, Lf Step On The Spot
7&8 Kick Forward With Rf Foot, Rf Step Near The Lf, Lf Step On The Spot

TAG: DRAG:

1 Drag Rf From Side
2 Drag Lf From Side
3 Drag Back Lf From Side

