

Before You

拍數: 32 牆數: 2 級數: Novice WCS
編舞者: Noel Roos (SA) - April 2018
音樂: Before You (feat. Joseph David-Jones) - Nashville Cast



#16 INTRO

Tag1: After Walls 1 And 3,
Tag2: After Wall 2,
Restart In Wall 5

SECTION 1: KICKBALL CHANGE, TRIPLE STEP ½ TURN, COASTER STEP, TRIPLE STEP ¼ TURN

1&2 Kick R, Step R Beside L, Step L In Place
3&4 Triple Step ½ Turn Left Stepping R,L,R (6:00)
5&6 Coaster Step L,R,L
7&8 Triple Step ¼ Turn Left Stepping R,L,R (3:00)

SECTION 2: BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIDE, SIDE, CROSS, SIDE ROCK ¼ TURN, STEP FORWARD

1&2 STEP L BEHIND R, R TO SIDE, L OVER R
3-4 ROCK R TO SIDE, RECOVER
5&6 STEP R BEHIND L, L TO SIDE, R OVER L
7&8 ROCK L TO SIDE, ¼ RIGHT RECOVERING ON R, STEP L FORWARD (6:00)

SECTION 3: BASIC SUGAR PUSH, PIVOT ½ TURN

1-2 Walk Forward R,L
3&4 Anchor Step R,L,R
5&6 Coater Step L,R,L
7-8 Step Forward R Pivot ½ Turn Left (12:00)

RESTART HERE - DURNG WALL 5

SECTION 4: HIP SWING x2, PIVOT ½ TURN, OUT, OUT, IN, IN

1-2 Step R To Side Swinging Hip
3-4 Step L To Side Swinging Hip
5-6 Step Forward R Pivot ½ Turn (6:00)
7&8& Step Out R, Then L, Step In R, Then L

Tag 1: 12 counts

SECTION 1: MAMBO STEP, WALK, WALK, MAMBO WITH DRAG

1&2 Mambo Step R,L,R
3-4 Walk Forward L,R
5&6 Mambo Step L,R, Step Big Step L Back, Drag L To R
7&8 Hold, Step R Beside L, Step Forward L

SECTION 2 (ONLY HAS 4 COUNTS)

POINT STEP X2

1-4 Point R To Side, Step Back R, Point L To Side, Step Back L

TAG 2: 10 counts

TOUCH WITH ARMS, SECTION 1 OF THE BRIDGE

1-2 Touch R Beside L As You Extend Arms Forward And Out To Sides In A "Clear The Way" Motion
1-8 Follow Section 1 Of Tag 1

His dance is dedicated to Nadia Coen... Thank you sharing this song with me and the years of friendship....

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