

Exceptional 757

拍數: 64 牆數: 1 級數: Improver Soul
編舞者: Akili McLamore - July 2018
音樂: Exceptional - Babyface : (Album: Return Of The Tender Lover - 5:43)



Step sheet prepared by Harry Woods

#64 count intro, support on left

SECTION 1: TRIPLE FORWARD, ROCK FORWARD, RECOVER, TRIPLE BACK, ROCK BACK, RECOVER

1&2 Step right forward, step left beside right (3rd position), step right forward
3-4 Rock left forward, recover right
5&6 Step left back, step right beside left (3rd position), step left back
7-8 Rock right back, recover left

SECTION 2: TRIPLE FORWARD, STEP (TURN), REPLACE, TRIPLE FORWARD, STEP (TURN), REPLACE

1&2 Step right forward, step left beside right (3rd position), step right forward
3-4 Step left forward then turn ½ right, replace right
5&6 Step left forward, step right beside left (3rd position), step left forward
7-8 Step right forward then turn ½ left, replace left

SECTION 3: STEP, TOGETHER, STEP, TOUCH, STEP, TOGETHER, STEP, TOUCH

Dance this section facing forward – not on the diagonal.

1-4 Step right diagonally forward, step left together, step right diagonally forward, touch left beside right
5-8 Step left diagonally forward, step right together, step left diagonally forward, touch right beside left

SECTION 4: BACK, TOGETHER, BACK, TOUCH, BACK, TOGETHER, BACK, TOUCH (TURN)

Dance this section facing forward – not on the diagonal.

1-4 Step right diagonally back, step left together, step right diagonally back, touch left beside right
5-8 Step left diagonally back, step right together, step left diagonally back, touch right beside left then turn ¼ right

SECTION 5: SIDE ROCK, RECOVER (TURN), SIDE ROCK, RECOVER, HEEL, TOGETHER, HEEL, TOGETHER (TURN)

1-2 Rock right to side, recover left then turn ¼ right
3-4 Rock right to side, recover left
5-6 Tap right heel forward, step right together
7-8 Tap left heel forward, step left together then turn ¼ right

SECTION 6: SIDE ROCK, RECOVER (TURN), SIDE ROCK, RECOVER, HEEL, TOGETHER, HEEL, TOGETHER

1-2 Rock right to side, recover left then turn ¼ right
3-4 Rock right to side, recover left
5-6 Tap right heel forward, step right together
7-8 Tap left heel forward, step left together

SECTION 7: TRIPLE FORWARD, TRIPLE FORWARD, TRIPLE FORWARD, ROCK FORWARD, RECOVER

1&2 Step right forward, step left beside right (3rd position), step right forward
3&4 Step left forward, step right beside left (3rd position), step left forward
5&6 Step right forward, step left beside right (3rd position), step right forward

7-8 Rock left forward, recover right

SECTION 8: TRIPLE BACK, TRIPLE BACK, TRIPLE BACK, ROCK BACK, RECOVER

1&2 Step left back, step right beside left (3rd position), step left back

3&4 Step right back, step left beside right (3rd position), step right back

5&6 Step left back, step right beside left (3rd position), step left back

7-8 Rock right back, recover left

REPEAT

TAG: After the second rotation dance the following tag sections, then Restart from the beginning.

SECTION T1: VINE, TOUCH, VINE, TOUCH

1-4 Step right to side, step left behind right, step right to side, touch left beside right

5-8 Step left to side, step right behind left, step left to side, touch right beside left

SECTION T2: VINE, TOUCH, VINE, TOUCH

1-4 Step right to side, step left behind right, step right to side, touch left beside right

5-8 Step left to side, step right behind left, step left to side, touch right beside left

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