My My My

拍數: 32

級數: Intermediate

編舞者: Guy Dubé (CAN) - August 2018

音樂: My My My! - Troye Sivan

Step description submitted by Atelier X-trême Dance submitted and presented at : Atelier X-trême (august 2018) Intro : 16 counts.

[1-8] CROSS TOUCH, STEP SIDE, CROSS TOUCH, STEP SIDE, BEHIND-SIDE-CROSS, STEP SIDE with SWAYS

- 1-2 Cross toucht R over L, step R to side
- 3-4 Cross touch L over R, step L to side
- 5&6 Cross R behind L, step L to side, cross R over L
- 7-8 Step R to side with rolling hips to L and R

[9-16] ROND DE JAMBE and SAILOR STEP in 1/4 TURN L, KICK-BALL-TOUCH, PIVOT 1/4 TURN L, PIVOT 1/4 TURN R, 1/2 TURN R and SHUFFLE BACK

- 1 Rond de jambe L in half circle outside from forward toward back and cross L behind R in 1/4 turn left
- &2 Step R together L, step L forward
- 3&4 Kick R forward, step R together L, touch L back
- 5-6 Pivot 1/4 turn lefte, pivot 1/4 turn right
- 7&8 1/2 urn right and step L back, step R together L, step L back with leg R in extension

[17-24] SLIDE-TOGETHER-CROSS, 2X (MAMBO SIDE CROSS), 2X (PADDLE TURN 1/8 TURN L)

- 1&2 Slide slowly step R toward step L, rapidly step R together L, cross step L over R
- 3&4 Step R to side with weight, recover on L, cross step R over L
- 5&6 Step L to side with weight, recover on R, cross step L over R
- &7 Cross hitch knee R over knee L,1/8 turn right and touch R to side
- &8 Cross hitch knee R over knee L,1/8 turn right and touch R to side

[25-32] VAUDEVILLE, HOLD, SIDE, CROSS, 1/4 TURN R and STEP FWD, TOGETHER, OUT-OUT, HEEL BOUNCES

- 1&2 Cross R over L, step L to side, heel R forward diagonaly to right
- &3-4 Step D rapidly together L, cross L over R, hold
- &5 Step R to side, cross L behind R
- &6 1/4 turn right and step R forward, step L together R
- &7 Step R outside to right, step L outside to left
- &8 Raise both heels, drop both heels

TAG : At the 9th repetition of the dance (face to 12:00) do the first 4 counts on the dance and restart from the beginning.

REPEAT AND HAVE FUN !

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牆數:4