

Phur (Fly)

拍數: 68 牆數: 1 級數: High Improver
編舞者: Joran van der Noll (NL) & Erica van der Noll - September 2018
音樂: "Phur" by Anu Ringlug (Tibetan song)



Info: Starts after 32 counts.

(S1) SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, COASTER STEP

1-2 RF side, LF replace weight
3&4 RF behind, LF side, RF cross
5-6 LF side, RF replace weight
7&8 LF step back, RF together, LF step forward

(S2) WALKS, PIVOT TURN, WALKS, PIVOT TURN

1-2 RF step forward, LF step forward
3-4 RF step forward, 1/2 turn L (weight on LF)
5-6 RF step forward, LF step forward,
7-8 RF step forward, 1/2 turn L (weight on LF)

(S3) CHARLESTON STEP, VINE, TOUCH

1-2 RF touch toe forward, RF step back
3-4 LF touch toe back, LF step forward
5-6 RF side, LF behind
7-8 RF side, LF touch toe beside RF

(S4) CHARLESTON STEP, VINE, TOUCH

1-2 LF touch toe forward, LF step back
3-4 RF touch toe back, RF step forward
5-6 LF side, RF behind
7-8 LF side, RF touch toe beside LF

(S5) SIDE ROCK, ROCK STEP, SWEEP STEPS BACK

1-2& RF step side, LF replace weight, RF next to LF
3-4& LF step side, RF replace weight, LF next to RF
5-6 RF step forw., LF replace weight.
7-8 RF sweep and step back , LF sweep and step back

(S6) SWEEP STEP BACK, KNEE POPS, SWEEP STEPS BACK, KNEE POPS, KICK-BALL-STEP

1&2 RF sweep and step back , LF push knee forw. 2x
3-4 LF sweep and step back , RF sweep and step back
5&6 LF sweep and step back , RF push knee forw. 2x
7&8 RF kick, RF together on ball, LF step forward

(S7) 1/4 TURN L SIDE, TOGETHER, SIDE, TOGETHER, ROCK STEP, COASTER STEP

1-2 RF 1/4 turn L and side, LF together
3-4 RF side, LF together
5-6 RF step forw., LF replace weight
7&8 RF step back, LF together, RF step forw.

(S8) ROCK STEP, COASTER STEP, JAZZ BOX 1/4 TURN

1-2 LF step forward, RF replace weight
3&4 LF step back, RF together, LF step forward

5-6 RF cross, LF step back
7&8 RF 1/4 turn R side, LF step forw.

(S9) JAZZ BOX

1-2 RF cross, LF step back
3-4 RF side, LF cross

RESTARTS:

Wall 3: (S4) after count 8

Wall 4: (S8) after count 8

Wall 5: (S4) after count 8 add a Jazzbox before restart

1-2 RF cross, LF step back
3-4 RF side, LF step forward

TAG (2cnt): After wall 6

SIDE ROCK STEP

1-2 RF side, LF replace weight

Enjoy!!!

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