

Three

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Magali CHABRET (FR) - September 2018
音樂: Three - Lily Allen : (CD: No Shame - Explicit)



#8 counts intro

S1 – WALK, WALK, ½ TURN R, ½ TURN L, ¼ TURN L WITH SWEEP, DIAMOND ¼ TURN R

- 1-2 Step RF forward – step LF forward
3-4& Turn 1/2 right taking weight on RF – turn 1/2 left by returning on Lf - turn 1/4 left sweeping RF forward
5-6& Cross RF over LF – step LF to side – turn 1/8 right stepping back on RF (10:30)
7-8& Step back on LF – turn 1/8 right stepping RF to side – cross LF over RF (12:00)

S2 – BASIC NC R, ¼ TURN R, ½ TURN R, FULL TURN R, RODY ROLL FWD, RECOVER, SWEEP, BACK, RONDE/FLICK 3/8 R

- 1-2& Long step RF to side – step LF behind RF – cross RF over LF
3 Turn 1/4 right stepping back on LF (3:00)
4&5 Turn 1/2 right stepping RF forward – turn 1/2 right stepping back on LF – turn 1/2 right stepping RF forward (9:00)
6-7 Step LF forward with a body roll – recover onto RF with a sweep LF from front to back
8 Step LF back making a rondé with right leg in a clockwise direction
& Bend right knee making a flick, bring right toe towards left knee turning 3/8 right (1:30)

S3 – STEP R/L, ½ TURN L, BACK, COASTER CROSS 1/8 TURN R, HINGE ½ TURN R, CROSS, LUNGE WITH ARM MVT

- 1-2&3 Step RF forward – step LF forward – turn 1/2 left stepping back on RF – step back on LF (7:30)
4&5 Step ball of RF back – step ball of LF next to RF – turn 1/8 right stepping RF across LF (9:00)
6&7 Turn 1/4 right stepping LF back – turn 1/4 right stepping RF to side – cross LF over RF (3:00)
8 Press ball of RF to right side, right knee bent and stretching left leg, raise right arm diagonally right
& Push on ball of RF to stretch right leg and return weight to LF, right arm goes over the head

S4 – SLIDE, CROSS, RECOVER, SIDE, CROSS, MONTEREY SPIN, SWEEP, CROSS, HINGE ¾ TURN L

- 1 Slide RF towards LF, right arm goes down, then bring your right fist against your heart
2& Cross RF over LF – recover onto LF
**** Restart ****
3-4& Step RF to side – cross LF over RF – point right toe to right side
5-6 Turn 1/2 right on ball of LF stepping RF next to LF – turn 1/2 right on ball of RF and sweep LF from back to front 3:00
7-8& Cross LF over RF – turn 1/4 left stepping back on RF – turn 1/2 left stepping LF forward (6:00)

Restart : during wall 3 and wall 5, dance 26 counts (until Section 4, counts 2&) then add a 1/4 turn to right on ball of LF before starting again the dance facing 6:00

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.