

No Make Up

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jessica Wegmann (CH) - October 2018
音樂: Thursday - Jess Glynne : (iTunes)



Intro : Start the dance after 2 counts on « make up on Thursday » at 00:01 sec

[1-9] Out out in cross, hitch R/L, weave

&1&2 Step R to R side, ste L to L side, step R in, cross L over R
3-4 Hitch R knee up, step R in place
5-6 Hitch L knee up en dehors (knee in direction of L diagonal), cross L behind R
&7&8 Step R to R side, cross L over R, step R to R side, cross L behind R (12:00)

[10-16] 1/8 R 2x walks fwd, triple step, 2x walks back ¼ L sailor

1-2 1/8 turn R walk R fwd in R diagonal, walk L fwd (01:30)
3&4 Step R next to L slightly fwd, step L in place, step R next to L slightly back
5-6 Walk R back, Walk L back
7&8 ¼ turn L crossing L behind R, R together next to L, step L fwd into L diagonal (10:30)

[17-24] 2x cross and drag, 2x crossed ball changes, step

1-2 Cross R over L dragging L next to R facing diagonal (10:30)
3-4 Cross L over R dragging R next to L facing diagonal (01:30)

*Restart

5-6 Step R crossed over L, step L in place facing diagonal (10:30)
&7-8 Step R, step L, step R in place (10:30)

* Restart Wall 3 after the first 4 counts in section 18—24 facing 9 o'clock

Wall 4 starts facing 6 o'clock

[25-32] Step press, rolling vine, hitch cross behind side

1-2 Step L keeping some weight on R, ¼ turn R pressing into R (01:30)
3-4 ¼ turn L stepping L fwd, ¼ turn L stepping R to R side (07:30)
5-6 ½ turn L stepping L to L side, ¼ turn L hitching R knee up (10:30)
7&8 Cross R over L, 1/8 turn R stepping L behind, 1/8 turn R stepping R to R side (03:00)

[33-40] Cross rock recover step 2x

1-2 Cross L over R, hold (body roll option: push head fwd, chest fwd come back)
3-4 Step back on R, Step L to L side
5-6 Cross R over L, hold (body roll option: push head fwd, chest fwd come back)
7-8 Step back on L, Step R to R side (03:00)

[41-48] Walk, full turn L, walk, triple full turn R

1-2 Walk L fwd, hold
3-4 ½ turn L stepping R back, ½ turn L stepping L fwd
5-6 Walk R fwd, hold
7&8 ¼ turn R stepping L to L side, ½ turn R stepping R to R side, ¼ turn R stepping L fwd (03:00)

Tag: wall 6 starting at 12 o'clock facing 3 o'clock:

1-2 Step R fwd, step L together

Wall 7 starts at 3 o'clock

[49-56] V step out out in in, v step out out in in, step R fwd, ¼ turn L knee pop

1-2 Step R out to R front side, step L out to L front side
3-4 Step R in behind, step L in together

5&6& Step R out to R front side, step L out to L front side, step R in behind, step L in behind
7&8 Step R keeping weight on L, bend legs popping knees, ¼ turn L bringing L heel down (12:00)

[57-64] V step out out in in, 2 sweeps back ¼ turn L sweeping back

1-2 Step R out to R front side, step L out to L front side
3-4 Step R in behind, step L in back
5-6 Step R back sweeping L from front to side, step L back sweeping R from front to side
7-8 ¼ turn L stepping R back and sweeping L from front to side, step L in place (09:00)

Ending option: Wall 7 slow down in the last ¼ turn L sweep

Start again and enjoy

Last Update - 6th Dec. 2018
