

Lovely Selfish

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Cati Torrella (ES) - November 2018
音樂: Selfish - Stephanie Quayle



Part A+: 48 Counts: Sections 1 to 6

Part A: 32 Counts: Sections 1, 2, 3 and 6

Sequence: A+ (48 counts), A (32 Counts), A Restart, A+ (48 counts), A (32 Counts), A (32 Counts)... to the end

Section 1 - 1-8: Step, ½ turn with Sweep, Behind & Cross & Point, Step, Cross Shuffle

- 1 Step forward on RF
- 2& ½ turn to left on RF and Step back with LF doing Sweep from forward to back with RF at same time (6:00)
- 3& Cross RF behind left, Step LF to left side
- 4& Cross RF in front of left, Step LF to left side
- 5 Point RF forward slightly to the diagonal
- 6 Step RF slightly to the right side
- 7&8 Cross LF in front of right, Step RF to the right side, Cross LF in front of right

Section 2 - 9-16: Turning Toe Struts, Rock Step

- 1-2 ¼ turn to right and Point Right Toe forward, Lower right heel keeping weight on RF (9:00)
- 3-4 ½ Turn to right on RF and Point Left Toe back, Lower left heel keeping weight on LF (3:00)
- 5-6 ½ Turn to right on LF and Point Right Toe forward, Lower right heel keeping weight on RF (9:00)
- 7-8 Rock forward on LF, Recover weight back on RF

Section 3 - 17-24: Triple Step Back, Rock Back x 2, Step Forward, ¼ Turn, Point

- 1&2 Triple Step traveling back with LF-RF-LF
- 3-4 Rock back on RF, Recover weight forward on LF
- & Step RF beside left
- 5-6 Rock back on LF, Recover weight forward on RF
- 7 Step forward on LF
- 8 ¼ Turn to left on LF and Point Right Toe to right side (6:00)

Section 4 - 25-32: Rock Step, Triple ½, Triple ½, Rock Step

- 1-2 Rock forward on RF, Recover weight back on LF
- 3&4 Triple step turning ½ turn to right with RF-LF-RF
- 5&6 Triple step turning ½ turn to right with LF-RF-LF
- 7-8 Rock back on RF, Recover weight forward on LF

Section 5 - 33- 40: Sway x 2, Side Triple, Sway x 2, Side Triple

- 1-2 Sway hips to the right, Sway hips to the left
- 3&4 Step RF to the right side, Step LF beside right, Step RF to the right side
- 5-6 Sway hips to the left, Sway hips to the right
- 7&8 Step LF to the left side, Step RF beside left, Step LF to the left side

Section 6 - 41-48: vaudeville x 2, Rocking Chair

- 1& Cross RF in n front of left, Step LF to the left side
- 2& Point RF forward slightly to the diagonal, Step RF beside left
- 3& Cross LF in front of right, Step RF to the right side
- 4& Point LF forward slightly to the diagonal, Step LF beside right
- 5-6 Rock forward on RF, Recover weight back on LF

7-8

Rock back on RF, Recover weight forward on LF (6:00)

START AGAIN

Séquence:

*1st wall 48 Counts, finishing at 6:00

*2nd wall 32 Counts, finishing at 12:00

*3rd wall Restart at count 8, finishing at 6:00

*4th wall 48 Counts, finishing at 12:00

*5th wall 32 Counts, finishing at 6:00

*6th wall 32 Counts, finishing at 12:00

.....32 Counts... till the end
