

Dopamine

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Karianne Heimvik (NOR) - November 2018
音樂: Dopamine - Clairmont & Wonder The Boy



Dance sequence: ABB, ABB, Tag A BB

PART A:

A(1-8) Rockingchair, ¼ turn cross, Monterey ¼ turn x2

1&2& rock fwd on R, recover weight on L, rock back on R, recover weight on L
3&4 step fwd on R, make ¼ turn to left and recover weight on L, cross R over L
5,6 touch L to left, make ¼ turn to left by bringing L back in place and stepping on to it.
7,8 touch R to right, make ¼ to right by bringing R back in place and stepping on to it

A(9-16) Anchorstep (syncopated), ½ turn x 2, coasterstep, fwd step

1,2& step fwd on L and make ¼ turn to right, step R behind L, recover weight on L
3,4,5 make ¼ turn to left and step back on R, make ½ turn to left stepping onto L, make ½ turn to left stepping back on R
6&7,8 step back on L, step R next to L, step fwd on L, step fwd on R
(for styling do your ½ turns with a pep in your step and straight legs)

A(17-24) rock step, shuffle back, rock step, shuffle ½ turn

1,2 rock fwd on L (pop your R knee), recover weight on R (pop your L knee)
3&4 step back on L, step R next to L, step back on L
5,6 rock back on R, recover weight back to L
7&8 make ¼ turn to left by stepping fwd on R, make ¼ turn to left by stepping L next to R, step back on R

A(25-32) back sweep, back sweep, sailor ¼ turn, pivot ½ turn, ½ turn

1,2 sweep and step back on L, sweep and step back on R
3&4 make ¼ turn to left as you sweep and step L behind R, step R to right, step L in place
5,6 step fwd on R, make ½ turn to left by stepping onto L
7&8 step fwd on R, make ½ turn to left by stepping onto L, step fwd on R

A(33-40) step fwd x2

1,2,3,4 step fwd on L
5,6,7,8 step fwd on R

A(41-48) step fwd L, rock step, ½ turn x2

1,2,3,4 step fwd on L
5,6 rock fwd on R, recover weight on L
7,8 make ½ turn to right stepping onto R, make ½ turn to right stepping back on L (start sweeping R)

(for styling, feel free to use your arms on count 33 to 44)

PART B:

B(49-56) sailor ¼ turn, walk, walk, ¼ turn cross, 1/4 turn, ½ turn

1&2 make ¼ turn to right as you sweep and step R behind L, step L to left, step R in place
3,4 step fwd on L, step fwd on R
5&6 step fwd in L, make ¼ turn to right and recover weight to R, cross L over R
7,8 make ¼ turn to left stepping back on R, make ½ turn to left stepping onto L

B(57-64) syncotaped rockstep, rock step, ½ turn x2, staccatto steps

1,2& rock fwd on R, recover weight on L, step R next to L
3,4 rock fwd on L, recover weight on R
5,6 make ½ turn to left stepping onto L, make ½ turn to left stepping back on R
7&8 step L to left, step R in place, step L in place, step L in place
(while doing count 7&8, keep on the ball of your feet and legs straight)

Start dance again!

TAG: The 3rd time you dance A, there will be a tag after 30 counts.

The music will be different for the whole A this time, so it is easy to remember.

The tag comes after: back sweep, back sweep, sailor ¼ turn, pivot ½ turn

Tag:

31,32 rock back on R, make a ½ turn to right and recover weight to L

Remember to start sweeping R to start part B
