

Selow

拍數: 32 牆數: 2 級數: Beginner
編舞者: Ein Merin (INA) - January 2019
音樂: Selow - Wahyu



SI. Rock Behind L R, scissors step – cross shuffle- turn R – cross shuffle

1&2 Rock R behind L (1), recover on L (&), step R to right side (2)
3&4& Rock L behind R (3), recover on R (&), step L to left side (4), step R close together (&)
5&6 Cross L over R (5), step R behind L (&), cross L over R turn $\frac{1}{2}$ (6)
7&8& Cross R over L (7), step L behind R (&), cross R over L (8), step L to left side (&)

SII. Twist toe – jazz box – wave – coaster step

1&2 turn $\frac{1}{4}$ right to 9.00 on balls (1), turn $\frac{1}{4}$ left to 6.00 (&), turn $\frac{1}{4}$ left to 3.00 hitch L (2)
3&4 cross L over R (3), turn $\frac{1}{4}$ left to 12.00 step R back (&), step L to left side (4)
5&6& cross R over L (5), step L to left side (&), step R behind L (6), step L to left side (&)
7-8& touch R next to L (7), step R back (8), step L close together (&)

SIII. Pivot $\frac{3}{4}$, Side rock, Slide-switch back (moon walking), turn $\frac{1}{4}$ L

1-2 cross R over L turn $\frac{3}{4}$ left to 3.00 (1). recover on L (2)
3&4 rock R to right side (3), recover on L (&), touch R next to L (4)
5-6 body weight on R toe slide L back - switch (5), body weight on L toe slide R back - switch (6)
7&8 step R back turn $\frac{1}{4}$ left to 12.00 (7), step L to left side (&), touch R next to L (8)

SIV. Big step aside – rock L step fwd turn $\frac{1}{2}$ - heel step toe –open RL

1-2& Big step R to right side (1), hold (2), Rock L behind R (&)
3-4 recover on R (3), step L forward (4) turn $\frac{1}{2}$ right to 6.00
5-6& recover on R (5), touch L heel forward (6), step L next to R (&)
7-8& touch R toe next to L (7), open R forward (8), step L to left side (&)

Tag 16 count (2 sections) facing 6.00

TSI. Slide Back touch – up and down – rock aside – rock forward

1-2& Slide R back with right shoulder back motion (1), touch L next to R (2), bend knees down (&)
3&4 up (3), down (&), up (4)
5-6& step L to left side (5), step R close together (6), rock L aside (&)
7&8& recover on R (7), rock L forward (&), recover on R (8), step L close together (&)

TSII. Step and slide – coaster step – turn left $\frac{1}{2}$ - pivot left $\frac{1}{2}$ - open RL forward

1-2 Step R to right side (1), slide L slowly (2)
3-4& touch L next to R (3), step L back (4), step R close together (&)
5&6 step L forward (5), touch R next to L turn $\frac{1}{2}$ left to 12.00 (&), step R forward turn $\frac{1}{2}$ left to 6.00 (6)
7-8& step L in place (7), open R forward (8), step L to left side (&)

Tag on the end of Wall 1, 2 and 3

Restart on Wall 5 after 24 count