

7 Minutes

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Hiroko Carlsson (AUS) - March 2019
音樂: 7 Minutes - Dean Lewis : (iTunes)



(16 count intro)

[S1] Back, 1/2R Shuffle Fwd, 1/2R Back, 1/2R Shuffle Fwd, Step-Pivot 1/4R

1 Step back on L
2&3 Make a ½ turn right stepping forward on R, Step L next to R, Step forward on L
4 Make a ½ turn right stepping back on L
5&6 Make a ½ turn right stepping forward on R, Step L next to R, Step forward on L
7 8 Step forward on L, Make a ¼ turn right recover weight on R (9:00)

[S2] Cross, Side, Behind, Sweep, Behind, 1/4L, 1/2L Shuffle Back

1 2 3 4 Cross L over R, Step R to side, Step L behind R, Sweeping R around L
5 6 Step R behind L, Make a ¼ turn left stepping forward on L
7&8 Make a ½ turn left stepping back on R, Step L next to R, Step back on R* (12:00)

[S3] Kick Ball Cross, 2 Bounces 1/2L Unwind, Kick Ball Cross, 3/4R, Hook

1&2 Kick L to left diagonal, Step ball of L slightly back, Cross R over L
&3&4 Raise heels, Make a ¼ turn left & lower heels, Raise heels, Make a ¼ turn left & lower heels (weight on L)
5&6 Kick R to right diagonal, Step ball of R slightly back, Cross L over R
7 8 Unwind ¾ right on ball of L, Hook R (3:00)

[S4] Lock Step RL, Step-Pivot 1/4L-Cross, 1/2R Hitch

1&2 Step forward on R, Step/lock L behind R, Step forward on R
3&4 Step forward on L, Step/lock R behind L, Step forward on L
5 6 Step forward on R, Make a ¼ turn left recover weight on L
7 8 Cross R over L, Make a ½ turn right on ball of right foot hitching left foot (6:00)

Repeat

***1st Restart: Wall 3 count 16* (12:00) + 4 count tag (Side Rock, Cross Rock)**

1 2 3 4 Rock/step L to left, Recover weight on R, Rock/cross L over R, Recover weight on R

****2nd Restart: Wall 5 count 16* (6:00)**

Tag: End of Wall 6 (12:00) + 4 count tag (Side Rock, Cross Rock)

1 2 3 4 Rock/step L to left, Recover weight on R, Rock/cross L over R, Recover weight on R

Bridge: End of Wall 8 (12:00) - go around clockwise

4x 12 counts bridge - Back Sweep, Back Sweep, Touch-Unwind 1/2L, Back Sweep, Back Sweep 1/4L, Anchor

1 2 3 4 Step back on L, Sweep R around L, Step back on R, Sweep L around R
5 6 7 8 Touch L behind R, Unwind 1/2L weight ends on R, Step back on L, Sweep R around L
9 10 Step back on R, Make a ¼ turn left sweeping L around R
11 12 Lock L behind R, Step weight onto R (3:00)

Repeat this sequence 3 times then Stomp R next to L (1), Hold (2) (12:00)

Please feel free to contact me if you need any further information. (hirokoinedancing@gmail.com)
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