

Reverse

拍數: 96 牆數: 0 級數: Phrased Advanced
編舞者: Jessica Devlin (IRE) & Shane McKeever (N.IRE) - June 2019
音樂: Reverse - Sage the Gemini



Sequence: A B1 C, A A with Restart, B2 C, A A with Restart, B2 C

Part A: 32 counts

A[1-8] Kick Ball Change, Walk, out-out, Slide, Heel Grind, Side Rock, Cross, Hop

- 1,2,3,4& Kick RF Forward, Close RF next to LF, Step LF Forward, Step RF Forward, Step LF to L-side, Step RF to R-side
- 5,6&7&8& Take large step to L-Side (Dragging RF to LF), Cross R-Heel Over LF (Twist toe from 11 o'clock to 1 o'clock), Recover Weight to LF, Rock RF to R-Side, Recover weight to LF, Step RF across LF, Hitch L-Knee hop on RF

A[9-16] Hop ¼ turn, step back, Coaster, Out-out, Jump together, Side weave to R making ¼ turn

- 1,2,3&4& Hop on RF Making ¼ turn over R-Shoulder (Facing 9 o' Clock Wall), Step LF back, Step RF back, Step LF next RF, Step RF to R-Side, Step LF to L-Side
- 5,6,7&8& Jump Feet together, Step RF to R-Side, Step LF behind RF, Make 1/4 turn over R-Shoulder stepping RF Forward, Walk forward on LF, Jump Forward on RF (Kicking LF Back)

Note: Restart here on 3rd and 5th A going in to section B both times

A[17-24] Kick Forward, Jump Feet Apart, Twist RF Heel- Toe, Twist Both Feet Heels- Toes, Kick Side Ball-Cross, Weave to R

- 1,2&3&4 Kick LF Forward, Jump Feet Apart, Twist R-heel towards LF, Twist R-Toe Towards LF, Twist both Heels to L-Side, Twist Both Toes to L-Side
- 5&6,7,8& Kick RF to R-Side, Step RF next to LF, Cross LF over RF, Step RF to R-Side, Step LF behind RF, Step RF to R-Side

A[25-32] Hitch, x2 walks, x3 runs making ¾ turn, Rock & close, Two Points with hands R-L

- 1,2,3,4& Jump onto LF Hitching R-Knee to diagonal (Facing 8 o' Clock), Step RF Forward (Facing 9 o' Clock) Step LF Forward (Facing 12 o' Clock) Run R-L making ¼ over R-Shoulder (Facing 3 o' Clock)
- 5,6&7,8& Step RF Forward making ¼ over R-Shoulder (Facing 6 o' Clock) Rock LF to L-Side, Recover weight to RF, Step LF next to RF, Point R-Hand To R, Point L-Hand To L

Part B1: 16 counts

B1[1-8] Rock Sweep, Coaster Step, Step ½ Turn, Full Turn

- 1,2,3&4 Rock Lf, Recover on to Rf sweeping Lf front to back, Step Lf back, Step Rf next to Lf, Step Lf Fwd
- 5,6,7,8 Step Rf Fwd, ½ Turn L transferring weight to Lf, ½ Turn L Step Rf back, ½ Turn L Stepping Lf Fwd

B1[9-16] Rock Sweep, Coaster Step, Step ½ Turn, Chase ½ Turn

- 1,2,3&4 Rock Rf, Recover on to Lf sweeping Rf front to back, Step Rf back, Step Lf next to Rf, Step Rf Fwd
- 5,6,7&8 Step Lf fwd, ½ Turn R transferring weight to Rf, Step Lf Fwd, ½ Turn R transferring weight to Rf, Step Lf next to Rf

Note: Section C is always at 12.00 , in order to do this the last 4 counts in the first B are slight different to get back to 12.00 for section C

Part B2: 16 counts

B2[1-8] Rock Sweep, Coaster Step, Step ½ Turn, Full Turn

- 1,2,3&4 Rock Lf, Recover on to Rf sweeping Lf front to back, Step Lf back, Step Rf next to Lf, Step Lf Fwd

5,6,7,8 Step Rf Fwd, ½ Turn L transferring weight to Lf, ½ Turn L Step Rf back, ½ Turn L Stepping Lf Fwd

B2[9-16] Rock Sweep, Coaster Step, Step ½ Turn, Step Together

1,2,3&4 Rock Rf, Recover on to Lf sweeping Rf front to back, Step Rf back, Step Lf next to Rf, Step Rf Fwd

5,6,7&8 Step Lf fwd, ½ Turn R transferring weight to Rf, Step Lf Fwd, Step Rf next to Lf

Part C: 32 counts

C[1-8] Clap, Out Out, Heel twist L, R, Toes In, Heels In, Right Hand Up, Left Hand Up, Wave arms Out

1&2,3&4& Clap, Step LF to L diagonal, Step Rf to R Diagonal, Twist L Heel out, Recover in place, Twist R Heel Out, Recover in place

5&6&7,8 Twist both toes in, Twist both Heels in, Raise R Hand Up with elbow bent at shoulder level, dropping R Hand Raise L hand Up with elbow bent at shoulder level, ¼ Turn with your body and making a waving motion with both hands moving in opposite directions (option: just wave one hand, your preferred hand)

C[9-16] Reverse: Wave arms in, Left hand Up, Right hand Up, Heels out, Toes out, R heel twist, L heel Twist, In In, Clap

1,2&3&4 Wave both arms in, Raise L hand Up with elbow bent at shoulder level, Dropping L Raise R Hand, dropping R Hand twist both heels out, twist both toes out, Hold, Twist R Heel out, Recover in place, Twist L Heel Out, Recover In place

5&6&7&8 Twist R Heel out, Recover in place, Twist L Heel Out, Recover In place, Step Rf back to centre of the body, Step Lf next to Rf, Clap

C[17-24] Step Touch x2, Step Together Step Touch, Step Touch, Point Touch, Step Together, Knee pop

1&2&3&4& Step Rf to R diagonal, Touch Lf next to Rf, Step Lf to L Diagonal, Step Rf to R diagonal, step Lf next to Rf, Step Rf to R Diagonal, Touch Lf next to Rf

5&6&7&8& Step Lf to L side, Touch Rf next to Lf Point Rf to R Side, Touch Rf next to Lf, Step Rf to R Side, Step Lf next to Rf making an 1/8 Turn R, Pop both knees out, recover knees in

C[25-32] Reverse: Knee Pop, Step Touch, Point Touch, Step Touch, Step together, Step Touch, Step Touch, Step Touch

1&2&3&4& Pop both knees out, recover knees in, Squaring up to 12.00 Step Lf to L Side, Touch Rf next to Lf, Point Rf to R Side, Touch Rf next to Lf, Step Rf to R Side, Touch Lf next to Rf

5&6&5&8& Step Lf Back on L Diagonal, Step Rf next to Lf, Step Lf back on L Diagonal, Touch Rf next to Lf, Step Rf back on R Diagonal, Touch Lf next to Rf, Step Lf back on L Diagonal, Touch Rf next to Lf
