

If You Cross Me

拍數: 48 牆數: 0 級數: Phrased High Improver
編舞者: Sebastiaan Holtland (NL) - June 2019
音樂: Cross Me (feat. Chance the Rapper & PnB Rock) - Ed Sheeran : (Single)



Introduction: 16 counts, start on approx 10 sec.

Sequences: A, B, B, A, B, B, B 25, A 8, Restart, B, B, B, A ending.

PATTERN A: 16 counts.

A1 [1-8] Side R, Stomp L Together, Side L, Stomp R Together, Step L, Touch R Behind, Replace with Sweep L, Weave R, Syncopated Hip Bumps R, L, R, Weight Change, Lift R.

- 1&2& Step Rf to R (1), Stomp Lf beside Rf (&), Step Lf to L (2), Stomp Rf beside Lf (&).
3&4 Step Lf fwd (3), Touch Rf behind Lf (&), Step Rf back in place and sweep Lf from front to back (4).
5&6 Step Lf behind Rf (5), Step Rf to R (&), Step Lf across Rf (6).
7&8& Step Rf to R and bump R hip to R (7), Bump L hip to L (&), Bump R hip to R (8), Step Lf back in place and lift R knee small up (&).

A2 [9-16] Coaster Step R, Back L, Out, Out R, L with ¼ Turn R, Weight Change, 2x Heel Lift R, Heel Jack L with Touch Beside.

- 1&2 Step Rf back (1), Step Lf beside Rf (&), Step Rf fwd (2). s
3&4 Step Lf back (3), Make ¼ turn R step Rf out to R (&), Step Lf out to L taking weight onto Lf (4).
5&6 Lift R heel up holding ball on the floor (5), Heel back in place (&), Lift R heel up holding ball on the floor (6).
&7&8 Step R diagonal slightly back (&), Touch L heel diagonal forward (7), Step L back in place (&), Touch Rf beside Lf (8).

PATTERN B: 32 counts.

B 1. [1-8] Side, Behind, Side Mambo R with 1/8 Turn R, L Back, Side R with 1/8 turn R, Step Lock Step L.

- 1,2 Step Rf to R (1), Step Lf behind Rf (2).
3&4 Mambo Rf to R (3), Recover back onto Lf (&), Make 1/8 turn R (1.30) step Rf back (4).
5,6 On diagonal: Stepping Lf back (5), Make 1/8 turn R (3.00) step Rf to R (6).
7&8 Step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

B 2. [9-16] 2x ¼ Paddle Turn on R to L, Kick R & Point L, L Cross Sailor & Together (thinking pose), Hold, Syncopated Knee Pops L, R, Knee Lift R.

- 1,2 Make ¼ turn L (12.00) point Rf out to R (1), Continue ¼ turn L (9.00) point Rf out to R (2).
3&4 Kick R fwd (3), Step Rf back in place (&), Point Lf out to L (4).
5&6& Step Lf across Rf (5), Make ¼ turn L (6.00) step Rf to R (&), Step Lf beside Rf holding weight onto Lf (6), Hold (&).
7&8& Step Rf back in place and pop L knee fwd (7), Step Lf back in place and pop R knee fwd (&), Pop L knee fwd (8), step Lf replace and lift R knee up (&).

(Optional note: At the counts 5&6&7&8& make a pose as while you thinking about something) or you can do a free pose variation what you like.

B 3. [17-24] Cross Sailor R, Press Step L Fwd with Sweep L, Sailor Step L, Heel Push Fwd R, Replace, Touch L Beside with ¼ Turn L.

- 1&2 Step Rf across Lf (1), Make ¼ turn R (9.00) step Lf to L (&), Step Rf to R (2).
3,4 Press step Lf fwd (3), Recover back onto Rf and sweep Lf from front to back (4).
5&6 Step Lf behind Rf (5), Step Rf to R (&), Step Lf to L (6).
7&8 Push R heel fwd while you holding your ball on the floor (7), Step Rf back in place and make ¼ turn L to (6.00) (&), Touch Lf beside Rf (8).

(NB: Restart here after 25 counts (step Lf fwd of part 4), after start again with part B (12' clock).

B 4. [25-32] Step L, Point R, Weave L, L Back with ¼ Turn R, R Side, Step Lock Step L.

- 1,2 Step Lf fwd (1), (Restart) Point Rf out to R (2).
3&4 Step Rf behind Lf (3), Step Lf to L (&), Step Rf across Lf (4).
5,6 Make ¼ turn R (9.00) step Lf back (5), Step Rf to R (6).
7&8 Step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

REPEAT DANCE AND HAVE FUN!!

Dance edit, email: smoothdancer79@hotmail.com

Website: www.dancewithsebastian.wordpress.com / www.everythinglinedance.com/dancewithsebastian
