

Reste

拍數: 72 牆數: 4 級數: Phrased Intermediate / Advanced
編舞者: Solveig Jallut (FR) - September 2019
音樂: Reste - Maître Gims & Sting



Intro : 16 ct

Sequence : AB AB AB B AB B

PART A: 40 counts

STEP FWD R, LOCK L WITH HITCH R, SAILOR R, ROCK BACK L, CHASSE ½ TURN

1-2 RF forward, lock LF behind RL with hitch R
3&4 RF behind LF, LF on left, RF on right
5-6 Rock L back, recover RF
7&8 LF ¼ turn right, together, LF ¼ turn right

BACK PADDLE TURN ¼ X 2, COASTER STEP R, FULL TURN R, MAMBO ¼ TURN L

1-2 ¼ turn R point R to side x 2
3&4 RF back, LF together, RF forward
5-6 ½ turn right with LF back, ½ turn right with RF forward
7&8 LF forward, recover RF with ¼ turn left, LF on left

ROCK STEP CROSS R, ROCK STEP SIDE R, BEHIND SIDE CROSS, ¼, ¼, CHASSE SIDE L

1&2& RF cross over LF, recover LF, RF on right, recover on L
3&4 RF cross behind RF, LF on left, RF cross over LF
5-6 ¼ turn on right with LF back, ¼ turn on right with RF on right side
7&8 LF on left, RF together, LF on left

STEP BACK X 2, COASTER STEP, CHASSE FWD, POINT FWD R, SWEEP ½ TURN HITCH

1-2 RF back with left toe out, LF back with right toe out
3&4 RF back, LF together, RF forward
5&6 LF forward, RF together, LF forward
7-8 Point RF forward, ½ turn sweep right with hitch RF

SKATE R, SKATE L, CHASSE SIDE R, CROSS OVER, UNWIND ½ TURN, HIP ROLL

1-2 Skate RF on diagonal right forward, skate LF on diagonal left forward
3&4 RF right, LF together, RF right
5-6 LF cross over RF, unwind ½ turn on right
7-8 Hip roll circle (anticlockwise, wight on left at the end)

PART B: 32 counts

TAP, TAP, POINT OUT, SAILOR ½ TURN CROSS, ½ TURN L, ½ TURN SWEEP, SAILOR STEP

1&2 Tap RF near LF x2, point RF on right side
3&4 RF behind, ½ turn right with LF on left, RF cross over LF
5-6 Unwind ½, ½ turn left with RF back with sweep LF
7&8 Cross LF behind RF, RF on right, LF on left

TWIST L x3, BEHIND SIDE CROSS, LUNG L, UNWIND ½ TURN, POINT OUT R

1&2 Twist left heel toe heel
3&4 Cross behind RF, LF on left, cross over RF
5-6 Rock LF on left, recover RF
7-8& Cross behind LF, unwind ½ turn left, point RF out

SHUFFLE FWD R, STEP TOUCH BACK KICK, COASTER STEP, POINT FWD, FLICK, POINT FWD

1&2 RF forward, LF together, RF forward
3&4& LF forward, touch RF behind LF, RF back, kick LF forward
5&6 LF back, RF together, LF forward
7&8 Point forward RF, flick RF, point RF forward

ANCHOR STEP BACK, SHUFFLE ½ TURN L, STEP ½ TURN, STEP FWD R, STEP FWD L

1&2 RF back, recover LF, recover RF
3&4 ¼ turn left with LF on left, RF together, ¼ turn left with LF forward
5-6 RF forward, ½ turn on left
7-8 Step forward RF, step forward LF

FINALE : DANCE 5 COUNTS of PART A
