

My Ritual

拍數: 32 牆數: 4 級數: funky Beginner
編舞者: Niels Poulsen (DK) - December 2019
音樂: Ritual - Tiësto, Jonas Blue & Rita Ora : (iTunes)



**Intro: 16 count counts (8 secs. into track). Start with weight on L foot
OBS!!! NO TAGS – NO RESTARTS!!!**

[1 – 8] Fwd R, touch, fwd L, touch, back R, touch, back L, touch

1 – 2 Step R to R diagonal (1), touch L next to R (2) 12:00
3 – 4 Step L to L diagonal (3), touch R next to L (4) 12:00
5 – 6 Step R back to R diagonal (5), touch L next to R (6) 12:00
7 – 8 Step L back to L diagonal (7), touch R next to L (8) 12:00

[9 – 16] Step R fwd, point L, step L fwd, point R, R jazz box ¼ R, step L fwd

1 – 2 Step fwd on R (1), point L to L side (2) 12:00
3 – 4 Step fwd on L (3), point R to R side (4) 12:00
5 – 8 Cross R over L (5), turn 1/8 R stepping L back (6), turn 1/8 R stepping R to R side (7), step L fwd (8) 3:00

[17 – 24] R moon walk, L moon walk, step ½ L, R kick ball step

1 – 2 Touch R toes next to L (1), step flat down on R foot sliding L foot backwards (2) ... (or do a R toe strut) 3:00
3 – 4 Touch L toes next to R (3), step flat down on L foot sliding R foot backwards (4) ... (or do a L toe strut) 3:00
5 – 6 Step R fwd (5), turn ½ L onto L foot (6) 9:00
7&8 Kick R fwd (7), step R next to L (&), step L a big step fwd (8) 9:00

[25 – 32] Step R fwd, L together, R pony step back, L pony step back, R back rock

1 – 2 Step R a big step fwd (1), step L next to R (2) 9:00
3&4 Step back on R popping L knee forward (3), recover fwd on L (&), recover back on R popping L knee forward again (4) 9:00
5&6 Step back on L popping R knee forwards (5), recover fwd on R (&), recover back on L popping R knee forward again (6) 9:00
7 – 8 Rock back on R (7), recover fwd onto L (8) 9:00

Start again

Ending: Finish wall 11, now facing 3:00. Do the following:

Step R fwd (1), turn ¼ L stepping L fwd (2), step R to R side leaning into R hip with a funky pose... (3) 12:00

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Last Update - 5 Jan 2020 - R2