

Noah

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - February 2020
音樂: Noah by Dr. Stuck



(Intro: 16 counts)

Slightly forward on L foot

[S1] Heel Flick Behind-Side-Behind, Back Rock, 1/4L Hip-Hip-1/4L Hip, Walk, Walk

1&2& Weight on your L foot on count 1 to 3 - Flick R heel behind L, Touch R in place, Flick R heel to the side, Touch R in place
3&4 Flick R heel behind L, Rock back on R, Recover weight on L
5&6 Step forward on R and making a ¼ turn left with hip bump to the right, Hip bump to the left, Hip bump to the right and making a ¼ turn left weight ends on R (6:00)
7 8 Walk-Walk L R

[S2] 1/4R Side with Sweep, Behind-Side-Side, Behind Tap, Side Rock-Hinge Roll L

1 Make a ¼ turn right stepping L to the side sweeping R around (9:00)
2&3 Step R behind L, Step L to the side, Step R to the side
4 5 6 Tap L behind R weight on R, Rock L to left, Recover weight on R (prep to hinge turn left)
7 8 Make a ½ turn left stepping L to the side, Make a ½ turn left stepping R to the side (9:00)

[S3] Behind, Side Rock-Behind, Point, Step-Pivot 3/4R, Side-Together-Side-Behind

1 2& Step L behind R, Rock R to the right, Recover weight on L
3 4 Step R behind L, Point L to the left
5 6 Step forward on L, Make a ¾ turn right recover weight on R (6:00)
7&8& Step L to the side, Step R together, Step L to the side, Step R behind L (prep for ¼ turn left)

[S4] 1/4L Fwd, Tap-Ball-Fwd, Scuff into 1/4L Side Rock, Cross-1/4R-Back Rock

1 2& Make a ¼ turn left stepping forward on L, Tap R next to L, Ball step R in place (3:00)
3 4 Step forward on L, Scuff forward on R
5 6 Make a ¼ turn left stepping/rock R to the side, Recover weight on L (12:00)
7& Cross R over L, Make a ¼ turn right stepping back on L
8& Rock back on R, Recover weight on L (3:00)

Repeat

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 5/Feb/20)