How To Be Single

級數: Easy Intermediate

編舞者: Séverine Fillion (FR) & Guy Dubé (CAN) - March 2020

音樂: How to Be Single - Jimmie Allen

Intro:	16	counts.	

拍數: 32

[1-8] SWAYS R & L, SAILOR STEP, SAILOR STEP in 1/4 TURN L, KICK-BALL-POINT in 1/4 TURN R

- 1-2 Step R to right in swaying hips to right, sway hips to left
- 3&4 Cross step R behind L, step L to left, step R to right
- 5&6 Cross step L behind R, 1/4 turn to left and step R to right, step L to left 9 :00
- 7&8 Kick R forward, step R together L, 1/4 turn to right and point L to left 12 :00

[9-16] CROSS, SIDE, SAILOR HEEL, TOGETHER, HEEL GRIND in 1/4 TURN, BACK, COASTER TOUCH

- 1-2 Cross step L over R, step R to right
- 3&4& Cross step L behind R, step R to right, heel L forward diagonaly to left
- &5 Step L together R, cross heel R over L
- 6 Pivot on heel R 1/4 turn to right and step L back 3 :00
- 7&8 Step R back, step L together R, touch R together L

** RESTART 3rd wall, after 16 counts.

[17-24] CROSS, SIDE, SAILOR TOUCH, SIDE, CROSS, 1/4 TURN R, 1/4 TURN R & LARGE STEP SIDE, SLIDE TOGETHER

- 1-2 Cross step R over L, step L to left
- 3&4 Cross step R behind L, step L to left, touch R together L
- 5 Step R to right
- 6& Cross step L behind R, 1/4 turn to right and step R forward 6 :00
- 7-8 1/4 turn to right and large step L to left, slide ball R together L 9 :00

[25-32] 1/4 TURN R, 1/2 TURN R, TRIPLE STEP in 1/2 TURN R, JAZZ BOX in 1/4 TURN L

- 1-2 1/4 turn to right and step R forward, 1/2 turn to right and step L back
- 3&4 Triple step R,L,R in 1/2 turn to right 12 :00
- 5-6 Cross step L over R, step R back
- 7-8 1/4 turn to left and step L to left, touch R together L 9 :00

Restart : At the 3rd repetition of the dance, after the first 16 counts, restart from the beginning. 9:00

TAG : After wall 6 (12 :00) add this 4 counts :

- 1-4 ROCK SIDE, ROCK BACK
- 1-2 Rock side R, recover on L
- 3-4 Rock back R, recover on L

HAVE FUN !

Séverine & Guy





牆數: 4