

Démaquillée et Nue EZ

拍數: 64 牆數: 1 級數: Beginner / Improver
編舞者: Angéline Fourmage (FR) - April 2020
音樂: Nue - Clara Luciani



Start : On the lyrics

Sequence: A-A-A(16)-A-A-A-A

[1-8] Diagonal, Together, Diagonal, Touch, Side, Point, Side, Point

1-2 RF FW on R Diagonal, LF next to RF
3-4 RF FW on R Diagonal, Touch LF next to RF
5-6 LF to L side, Point RF behind LF
7-8 RF to R side, Point LF behind RF

[9-16] Diagonal, Together, Diagonal, Touch, Side, Point, Side, Point

1-2 LF FW on L Diagonal, RF next to LF
3-4 LF on L Diagonal, Touch RF next to LF
5-6 RF to R side, Point LF behind RF
7-8 LF to L side, Point RF behind LF

[17-24] Back, Back, Back, Together, Side, Touch, Hold, Side, Touch, Hold

1-2 RF Back, LF Back
3-4 RF Back, LF next to RF
&5-6 RF to R side, Touch LF next to RF, Hold
&7-8 LF to L side, Touch RF next to LF, Hold

[25-32] Stomp Back, Swivel, Stomp FW, Swivel

1-2 RF Back, Swivel L Toe toward R Heel
3-4 Swivel L Heel toward R Heel, Swivel L Toe toward R Heel
5-6 Stomp LF FW, Swivel R Heel toward L Heel
7-8 Swivel R Toe toward L Heel, Swivel R Heel toward L Heel

[33-40] V-Stepx2

1-2 RF FW on R Diagonal, LF FW on L Diagonal
3-4 RF Back, LF next to RF
5-6 RF FW on R Diagonal, LF FW on L Diagonal
7-8 RF Back, LF next to RF

[41-48] Vine R, Touch, Vine L, Touch

1-2 RF to R side, LF behind RF
3-4 RF to R side, Touch LF next to RF
5-6 LF to L side, RF behind LF
3-4 LF to L side, Touch RF next to LF

[49-56] Step, Turn, Step, Hold, Step, Turn, Step, Hold

1-2 RF FW, 1/2 L
3-4 RF FW, Hold
5-6 LF FW, 1/2 R
7-8 LF FW, Hold

[57-64] Bounce, Together, Bounce, Together

1&2& Stomp RF FW, Raise R Heel Up, Drop R Heel to the ground, Raise R Heel Up
3&4& Drop R Heel to the ground, Raise R Heel Up, Drop R Heel to the ground, RF next to LF

5&6& Stomp LF FW, Raise L Heel Up, Drop L Heel to the ground, Raise L Heel Up
7&8& Drop L Heel to the ground, Raise L Heel Up, Drop L Heel to the ground, LF next to RF

Smile and enjoy the dance - Contact : maellynedance@gmail.com
