Castles and Love

拍數: 32

級數: Beginner

編舞者: Angéline Fourmage (FR) - April 2020

音樂: Castles - Freya Ridings

No Tag – No Restart Start : On the lyrics

[1-8] Triple-Step, Triple-Step, Rock-Step, Mambo

- 1&2 RF FW, LF next to RF, RF FW
- 3&4 LF FW, RF next to LF, LF FW
- 5-6 RF FW, Recover to LF
- 7&8 RF to R side, Recover to LF, RF next to LF

[9-16] Mambo, Together, Mambo, Together, Rocking-Chair

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

[17-24] Rock-Step, Triple-Step, Coester-Step, Stomp-Up, Side

- 1-2 LF FW, Recover to RF
- 3&4 LF back, RF next to LF, LF Back
- 5&6 RF Back, LF next to RF, RF FW
- 7-8 Stomp Up LF to L side, LF to L side (Weight is on RF)

[25-32] Bump, Bump, Bump, Together, Bump, Bump, Bump, Together

- 1-2 L Bump(weightison LF), R Bump (weightis on RF)
- 3-4 L Bump (weightis on LF), RF next to LF
- 5-6 LF to L Side with L Bump (weight is on LF), R Bump (weight is on RF)
- 7-8 L Bump (weight is on LF), Recover to RF with LF next to RF (weight is on LF)

*Option 4 Walls

*[25-32] Bump, Bump, Bump, Together, Bump, Bump, Bump, Together 1/4L

- 1-2 L Bump(weightison LF), R Bump (weightis on RF)
- 3-4 L Bump (weightis on LF), RF next to LF
- 5-6 LF to L Side with L Bump (weight is on LF), R Bump (weight is on RF)
- 7-8 L Bump (weight is on LF), Make ¹/₄ L Recover to RF with LF next to RF (weight is on LF)

Smile and enjoy the dance

Contact: maellynedance@gmail.com





牆數

牆數:1