

Let Me Adore You

拍數: 32 牆數: 4 級數: Advanced
編舞者: Sonja Vocke (DE) - April 2020
音樂: Adore You - Harry Styles



#3 Restarts

Intro: after 15 counts, start with Walk on count 8, Sec. 4

Section 1 [1-8] Hold, Walk, Walk, Walk, Sweep with ¼ turn R, Step Lock Step

1-2 Hold (1), walk fwd. with LF (2) 12:00
3-4 Walk fwd. with RF (3), walk fwd. with LF (4)
5-6 Sweep RF fwd. and to right side with ¼ turn right (3:00) (5), step on RF (6) 3:00
7&8 Cross LF over RF (7), lock RF behind LF (&), step forward on LF (8)

Section 2 [9-16] Step ½ Turn L, Tic Tac ½ Turn L, Slide with Knee Pop, Step, Step ¼ Turn L, Cross, Snap

1-2 Step RF forward (1), make ½ turn left stepping on LF (2) 9:00
3&4 Step RF forward (3), make ¼ turn left turning left heel in (6:00) (&), make ¼ turn left turning right heel out (4) 3:00
5-6& Step LF to left side sliding RF (5), step RF next to LF with knee pop left (6), step LF beside RF (&)
7&8& Step RF forward (7), make ¼ Turn left stepping on LF (&), cross RF over LF (8), snap fingers (&)

RESTART here on walls 4, 6 and 10

Section 3 [17-24] Hold, Back, Back, Back, Side Rock ¼ turn R, Coaster Step

1-2 Hold (1), walk back with LF (2)
3-4 Walk back with RF (3), walk back with LF (4)
5-6 Side rock with ¼ turn on RF (3:00) (5), rock back on LF (6) 3:00
7&8 Walk back on RF (7), step LF next to RF (&), step fwd. with RF (8)

Section 4 [25-32] Step ½ Turn R, Side Rock Cross, Side Rock, Cross, Heel Swivel, Walk

1-2 Step LF fwd. (1), make ½ turn right stepping on RF (2) 9:00
3&4 Step LF to side (3), rock back to RF (&), cross LF over RF (4)
5-6& Step RF to side (5), rock back to LF (6), cross RF over LF without weight (&)
7&8 Swivel both heels to right side (7), swivel back to left (&), walk fwd. with RF (8)

Use count 8 of this section for the first step of the dance

Take care of yourself and keep dancing...

All kind of feedback is welcome! Write to: s.vocke@gmx.net

Last Update - 10 July 2020