

G-Rave

拍數: 32 牆數: 2 級數: Improver
編舞者: Martine Canonne (FR) - May 2020
音樂: (G)rave - Vladimir Cauchemar



Start : 16 counts. – No Tag No Restart

[1 – 8] POINT FWD, POINT SIDE, SAILOR ¼ RIGHT, SCOOT-HITCH-STOMP, HEEL SPLIT X2

1 – 2 Touch point RF forward, touch point RF to right side
3 & 4 Cross RF behind LF, turn ¼ right stepping LF to left side, step RF forward (03:00)
5 & 6 Scoot RF forward, hitch left knee, stomp LF forward

Option easy count 5 : SCUFF

7&8& Spread your heels RF & LF outward, bring the heels back to the center, Spread your heels RF & LF outward, bring the heels back to the center (weight onto LF)

Option easy counts 7 – 8 : HEEL FAN

[9 – 16] POINT FWD, POINT SIDE, SAILOR ¼ RIGHT, SCOOT-HITCH-STOMP, HEEL SPLIT X2

1 – 2 Touch point RF forward, touch point RF to right side
3 & 4 Cross RF behind LF, turn ¼ right stepping LF to left side, step RF forward (03:00)
5 & 6 Scoot RF forward, hitch left knee, stomp LF forward

Option easy count 5 : SCUFF

7&8& Spread your heels RF & LF outward, bring the heels back to the center, Spread your heels RF & LF outward, bring the heels back to the center (weight onto LF)

Option easy counts 7 – 8 : HEEL FAN

[17 – 24] CROSS ROCK, CHASSÉ, CROSS & CROSS, SCUFF-HITCH- STOMP

1 – 2 Cross RF over LF, recover onto LF
3 & 4 Step RF to right side, step LF next to RF, step RF to right side
5 & 6 Open your body in the right diagonal crossing LF over RF, step RF to right side, crossing LF over RF (07:30)
7 & 8 Scuff RF, hitch right knee face 06:00, cross RF over LF (06:00)

[25 – 32] TOUCH-BACK-HEEL, TOGETHER, TOUCH-BACK-HEEL, TOGETHER, ROCK STEP, COASTER STEP

1 & 2 Touch LF behind RF, step LF back, touch heel LF forward
& Step RF next to LF
3&4 Touch LF behind RF, step LF back, touch heel LF forward
& Step RF next to LF
5 – 6 Step LF forward, recover onto RF
7 & 8 Step LF back, step RF next to LF, step LF forward (06:00)

FINAL : Make STEP TURN LEFT

<http://danseavecmartheherve.fr/>