

Cheerleader

拍數: 48 牆數: 2 級數: Beginner
編舞者: Tess van Zuydam (UK) - May 2020
音樂: Cheerleader (Felix Jaehn Remix) (Radio Edit) - Omi



Dance starts on vocal: "When I need motivation ..."

Section 1: (1-8) Side mambo's X2, toe struts X 2

1&2 Rock right foot to right side, recover on the left, step right foot next to left
3&4 Rock left foot to left side, recover on the right, step left foot next to right
5&6 7&8 Right toe, right heel, left toe, left heel

Section 2: (9-16) 360 degree paddle turn to LFT (Give it as much sway and swagger as you can!)

1234 Step forward on the right, turn ¼ pivot left, recover on left, step forward onto right foot turn ¼ pivot left, recover on left
5678 Step forward on the right, turn ¼ pivot left, recover on left, step forward onto right foot turn ¼ pivot left, recover on left

Section 3: (17-24) Squish the bug! X 2

1&2 Step forward on the right onto your toe, swivel heel out to the right and back in
3&4 Step back on the right, step left next to right, step forward on the right
5&6 Step forward on the left onto your toe, swivel heel out to the left and back in
7&8 Step back on the left, step right next to left, step forward on left

Section 4: (25-32) ¼ turn Jazz box to RT, rocking chair

1234 Step the right foot diagonally across in front of you, step back on the left while turning ¼ to the right, step right to right side, step left to right
5678 Rock forward on the right, recover on the left, rock back on the right, recover on the left

Section 5: (33-40) Monterey turn, Step, Hitch, 2 X steps

12 Point the right toe out to right side, turn a ¼ to the right while bringing the right foot back to left
34 Point left toe out to left side and bring back beside right
5678 Step forward on the right, hitch the left knee up, step back on the left, step back on the right

Section 6: (41-48) Shuffles back X2, coaster step and 2 Steps

1&2 Step back on the left, step back right next to left, step back on left
3&4 Step back on the right, step back left to right, step back on right
5&6 Step back on the left, step right next to left, step forward on left
7&8 Step forward on the right foot, Step forward on the left foot

REPEAT

The dance finishes on the last step of section 4 (final time around). That would leave you facing the 3:00 wall so I suggest that on count 6 as you recover, make a ¼ turn left with your body to face the front and rock your weight on to the right leg (count 7) and point your left toe out to left side on the 8th count.

ENJOY!