

Step by Step

拍數: 64 牆數: 0 級數: Phrased Low Intermediate
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音樂: God Is a Dancer - Tiësto & Mabel



Intro : 32 count

Sequences : A - B - TAG - A(from sec II) - B - B - A - A - B - B - Ending
* TAG will followed with part A start from section II

PART A

I. HEEL JACK - SIDE - 1/4 R SAILOR - FORWARD

1 2 & Step Rf to side - Step Lf behind Rf - Step Rf beside Lf
3 & 4 Touch Lf heel diagonally left - Step Lf in place - Step Rf cross over Lf (12.00)
5 6 & Step Lf to side - Turn 1/4 right Step Rf back - Step Lf beside Rf
7 8 Step Rf forward - Step Lf forward (03.00)

II. ROCK FORWARD - COASTER STEP - ROCK FORWARD - BACK LOCK SHUFFLE

1 2 Step Rf forward - Recover on Lf
3 & 4 Step Rf back - Step Lf beside Rf - Step Rf forward
5 6 Step Lf forward - Recover on Rf
7 & 8 Step Lf back - Step lock Rf over Lf - Step Lf back

III. ROCK BACK - BOTAFOGO R - L - PIVOT 1/4 L

1 2 Step Rf back - Recover on Lf
3 & 4 Step Rf cross over Lf - Ball Step Lf to side - Step Rf in place
5 & 6 Step Lf cross over Rf - Ball Step Rf to side - Step Lf in place
7 8 Step Rf forward - Turn 1/4 left Step on Lf (12.00)

IV. SIDE ROCK R - L - WALK - PIVOT 1/2 L

1 2 & Step Rf to side - Recover on Lf - Step Rf beside Lf
3 4 & Step Lf to side - Recover on Rf - Step Lf beside Rf
5 6 Walk forward R - L
7 8 Step Rf forward - Turn 1/2 left Step on Lf (06.00)

PART B

I. WALK - PADDLE 1/2 L

1 - 4 Walk forward R-L-R-L
5 6 Turn 1/8 left Touch Rf to side - Turn 1/8 left Touch Rf to side
7 8 Turn 1/8 left Touch Rf to side - Turn 1/8 left Step Rf close beside Lf (12.00)

II. SWAY - PIVOT 1/4 R - CROSS SHUFFLE

1 - 4 Step Lf to side and sway L-R-L-R weight on Rf
5 6 Step Lf forward - Turn 1/4 right Step on Rf (03.00)
7 & 8 Step Lf cross over Rf - Step Rf to side - Step Lf cross over Rf

III. V STEP - PIVOT 1/2 L - WALK

1 2 Step Rf out diagonally right - Step Lf out diagonally left
3 4 Step Rf back to centre - Step Lf beside Rf
5 6 Step Rf forward - Turn 1/2 left Step on Lf (09.00)
7 8 Walk forward R-L

IV. ROCK FORWARD - ANCHOR STEP - SMALL WALK BACK - ANCHOR STEP

1 2 Step Rf forward - Recover on Lf
3 & 4 Step Rf back - Recover on Lf - Recover on Rf
5 6 Walk back with small step on L-R
7 & 8 Step Lf back - Recover on Rf - Recover on Lf (weight on Lf)

TAG : SWITCHES HEELS & TOES - JAZZ 1/4 R

&1&2 Step Rf beside Lf - Touch Lf heel forward - Step Lf beside Rf - Touch Rf heel forward
&3&4 Step Rf beside Lf - Touch Lf toe to side - Step Lf beside Rf - Touch Rf toe to side
5 6 Step Rf forward - Turn 1/4 Step Lf back
7 8 Step Rf to side - Step Lf forward

ENDING :

1 - 4 WALK forward R-L-R-L
5 6 Step Rf forward - Turn 1/4 left Step on Lf
7 8 Step on Rf - Pose !!

#STAYS SAFE

#STAY HEALTHY

ENJOY THE DANCE !!

Last Update - 28 May 2020
