

Holy

拍數: 128 牆數: 2 級數: Phrased High Intermediate
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音樂: Holy (feat. Chance the Rapper) - Justin Bieber



Dance starts after 8 counts

Sequence: A-B-A-B-A with 1step chance-A with 2restart after 24 steps-C-Ending

Part A: 32 counts

Sec 1: Step Pivot L, Triple turn, Back rock recover, Shuffle L

1-2 step forward on RF, pivot left
3&4 step ½ turn on RF, step LF next to RF, step RF back
5-6 Step LF back, recover on RF
7&8 step LF forward, step RF Next to LF, Step LF forward

Sec 2: Cross Samba R&L, Rock forward recover, Full triple turn

1&2 cross RF over LF, step LF to the side, recover on RF
3&4 cross LF over RF, step RF to the side, recover on LF
5-6 step forward on RF, recover back on LF
7&8 ½ turn on RF, ½ turn back on LF, step forward on RF

Sec 3: Dorety left, Dorety right, Rock recover, Coaster step

1-2& Step LF forward, cross RF behind LF, step LF forward
3-4& Step RF forward, cross LF behind RF, step RF forward
5-6 Rock forward LF, recover on RF
7&8 step Back on LF, step RF next to LF, step LF forward
2 A with restart

Sec 4 : Step forward, Wind in wind out, Step L ½ turn back , Sweep R behind side cross, Side rock recover.

1-2 step forward on RF, wind your upperbody to left (facing 6 o'clock)
3-4 Unwind your upperbody to right (facing 12 o'clock, wight on RF), step ½ turn R back on LF
5&6 Sweep RF behing LF, step LF to the side, cross RF over LF
7-8 step LF tot the side and recover on RF.
1 A with step chance: chance step 31-32

step LF to the side en toch RF next to LF and start the dance again (Sec 4. 7-8)

Part B: 32 counts

Sec 1: Cross back, back (3x), Back rock recover

1&2 cros LF over RF, Step RF back, step LF next to RF
3&4 cross RF over LF, Step LF back, step RF next to LF
5&6 cross LF over RF, Step RF back, step LF next to RF
7-8 step RF back, recover on LF

Sec 2: Paddle (total turn L), Full turn R, 1 ½ turn R

1-4 turn on ball LF and paddle (3x) with RF to 9 o'clock, 6 o'clock and 3 o'clock, step forward on RF (12 o'clock)
5-6 step forward ½ turn back LF, step forward ½ turn RF
7&8 step forward ½ turn back LF, step forward ½ turn RF, step forward ½ turn back LF

Sec 3: Back rock recover, Shuffle R&L, Mambo R

1-2 Rock back RF, recover LF
3&4 step forward on RF, step LF next to RF, step RF forward

5&6 step forward on LF, step RF next to LF, step LF forward
7&8 step RF forward, recover on LF, step back on RF

Sec 4: Coaster step, step pivot L, Kick out out, Step In, Kick ball touch

1&2 step back on LF, step RF next to LF, Step LF forward
3-4 step RF forward, pivot turn L
5&6& kick RF and step RF out, step LF out, step RF In beside LF
7&8 kick LF, step on ball LF, touch RF next to LF

Part C: 64 counts

Sec 1: 4x ¼ step touch (full turn L), Vine R, Side rock cross

1&2& step RF and touch LF next to RF (turn ¼ L 3 o'clock), step LF and touch RF next to LF (turn ¼ L 12 o'clock),
3&4& step RF and touch LF next to RF (turn ¼ L 9 o'clock), step LF and touch RF next to LF (turn ¼ L 6 o'clock)
5&6& step RF to the side, cross LF behind RF, step RF to the side, Cross LF over RF
7&8 rock RF, recover on LF and cross RF over LF

Sec 2: 4x ¼ step touch (full turn R), Vine L, Side rock cross

1&2& step LF and touch RF next to LF (turn ¼ R 9 o'clock), step RF and touch LF next to RF (turn ¼ R 12 o'clock),
3&4& step LF and touch RF next to LF (turn ¼ R 3 o'clock), step RF and touch LF next to RF (turn ¼ R 6 o'clock)
5&6& step LF to the side, cross RF behind LF, step LF to the side, Cross RF over LF
7&8 rock LF, recover on RF and cross LF over RF

Sec 3: Mambo ½ turn, Vaudeville R&L, Turn ½ back sweep, L step aside

1&2 Rock RF forward, recover on LF, turn ½ RF forward
3&4& Cross LF over RF, step back on RF, touch Heel LF forward, step LF next to RF
&5&6 Cross RF over LF, step back on LF, touch Heel RF forward, step RF next to LF
&7-8& step LF ½ turn back, sweep RF behind LF, step out on LF

Sec 4: cross mambo, side mambo, back mambo, big step right back rock, step aside, coaster step

1&2& cross RF over LF, recover on LF, rock RF to the side, recover LF,
3&4 Rock RF back, recover on LF, big step RF to the side
5&6 back Rock LF, recover on RF, step LF to the side
7&8 step RF back, step LF next to RF, step RF forward

Sec 5: Step pivot R step, Full turn step, ½ Diamont

1&2 step LF forward, Pivot, step LF forward
3&4 step RF back ½ turn, step LF forward ½ turn, step RF forward
5&6 cross LF over RF, step RF and turn 1/8 back (10.30 o'clock), step LF back
7&8 step RF back, step LF aside and turn 1/8 (9 o'clock), step RF over forward and turn 1/8 (7.30 o'clock)

Sec 6: ½ Diamont, 7/8 Full turn R step, Full turn L step

1&2 step LF forward, step RF aside and turn 1/8 (6 o'clock), step LF back and turn 1/9 (4.30 o'clock)
3&4 step RF back, step LF aside and turn 1/8 (3 o'clock), step RF forward and turn 1/8 (1.30 o'clock)
5&6 turn LF back facing 6 o'clock, turn RF ½ forward to 12 o'clock, step forward on LF
7&8 turn RF ½ back, turn LF ½ forward, step forward RF

Sec 7: Cross back back, Cross turn ½, Mambo step, Sailor step

1&2 cross LF over RF, step RF back and step LF next to RF
3&4 cross RF over LF, turn LF ¼ back, step RF ¼ forward
5&6 Rock LF forward, recover RF, step LF back

7&8 sweep RF ½ turn right and step aside, step LF aside, step RF forward

Sec 8: Cross back back, Cross turn ½, Mambo step, Sailor step

1&2 cross LF over RF, step RF back and step LF next to RF

3&4 cross RF over LF, turn LF ¼ back, step RF ¼ forward

5&6 Rock LF forward, recover RF, step LF back

7&8 sweep RF ½ turn right and step aside, step LF aside, step RF forward

Ending: 48 counts

Sec 1: Cross back, back (3x), Back rock recover

1&2 cross LF over RF, Step RF back, step LF next to RF

3&4 cross RF over LF, Step LF back, step RF next to LF

5&6 cross LF over RF, Step RF back, step LF next to RF

7-8 step RF back, recover on LF

Sec 2: Paddle (total turn L), Full turn R, 1 ½ turn R

1-4 turn on ball LF and paddle (3x) with RF to 9 o'clock, 6 o'clock and 3 o'clock, step forward on RF (12 o'clock)

5-6 step forward ½ turn back LF, step forward ½ turn RF

7&8 step forward ½ turn back LF, step forward ½ turn RF, step forward ½ turn back LF

Sec 3: Back rock recover, Shuffle R&L, Step pivot L

1-2 Rock back RF, recover LF

3&4 step forward on RF, step LF next to RF, step RF forward

5&6 step forward on LF, step RF next to LF, step LF forward

7-8 step RF forward, pivot L

Sec 4: Back rock recover, Shuffle R&L, Step pivot L

1-2 Rock back RF, recover LF

3&4 step forward on RF, step LF next to RF, step RF forward

5&6 step forward on LF, step RF next to LF, step LF forward

7-8 step RF forward, pivot L

Sec 5: Back rock recover, Shuffle R, Step pivot R, Walk, Walk

1-2 Rock back RF, recover LF

3&4 step forward on RF, step LF next to RF, step RF forward

5-6 step LF forward, pivot LR

7-8 step forward LF, step forward RF

Sec 6: Cross back, back (3x), Big step to the right and touch

1&2 cross LF over RF, Step RF back, step LF next to RF

3&4 cross RF over LF, Step LF back, step RF next to LF

5&6 cross LF over RF, Step RF back, step LF next to RF

7-8 big step RF to the side, touch LF next to RF
