

Circles

拍數: 32 牆數: 4 級數:
編舞者: Dorothy Michaels (USA) - January 2021
音樂: Circles - Post Malone



Intro: 32 counts. Starts with strong beat. No Tags or Restarts

As a choreographer I have no rights to this music or any of its royalties. This is strictly for educational purposes to dance.

S1 R&L DIAG. STEP. LOCK. SHUFFLES

- 1.2. Right Step fwd. Lock left foot behind R
- 3&4 Shuffle fwd RLR.
- 5.6. Left step fwd. Lock right behind L
- 7&8 Shuffle fwd LRL.

S2 STOMP R.L. SAILOR X2. STOMP R&L

- 1.2. Stomp R foot. Stomp L foot
- 3&4 right sailor
- 5&6 Left sailor
- 7.8. Stomp R foot. Stomp L foot

S3 VINE R.BRUSH. VINE L. ¼ L. BRUSH

- 1-4 R foot out.behind. side R. Brush L foot
- 5-8 L out. Behind. Side L. 1/4L Bush R ft

S4 WALK.WALK. HIP BUMPS. REPEAT.

- 1.2. Walk fwd R. Walk fwd L.
- 3&4 hip bumps right and left and right.
- 5.6 walk fwd L. Walk fwd R.
- 7&8 hip bumps left and right and left.

Great music. Fun dance. Enjoy !!
