A Little Hungover

拍數: 64

級數: Beginner

編舞者: Lesley Rands (UK) - March 2021

音樂: Hungover - Kameron Marlowe

Intro: 64 counts, start on vocals - Tag on wall 2

Choreographers notes: Don't be put off by the number of steps, it is all single counts and not fast, with lots of holds and only 1 quarter turn per wall.

Section 1 - Point R Out, In, Out, Hold, R Coaster Step Hold

- 1, 2, 3, 4 Point R foot to R side, then touch to R instep, and point to R side, hold
- 5, 6, 7, 8 Step R back, step L together, step R fwd, hold

Section 2 - Point L Out, In, Out, Hold, L Coaster Step, Hold

- 1, 2, 3, 4 Point L foot to L side, then touch to L instep, and point to L side, hold
- 5, 6, 7, 8 Step L back, step R together, step L fwd, hold

Section 3 - R Lock Step, Hold, L Lock Step, Hold

- 1, 2, 3, 4 Step R fwd, Lock L behind R, step R fwd, hold
- 5, 6, 7, 8 Step L fwd, Lock R behind L, step L fwd, hold

Section 4 - K Step with click/clap

- 1, 2, 3, 4, Step R fwd to diagonal, touch L to instep as you click fingers or clap, Step L back to diagonal, touch R as you click fingers or clap
- 5, 6, 7, 8 Step R back to diagonal, touch L to instep as you click fingers or clap, Step L fwd to diagonal, touch R as you click fingers or clap

Section 5 - R rumba fwd with holds

- 1, 2, 3, 4, Step R to R side, L together, step R fwd, hold
- 5, 6, 7, 8 Step L to L side, R together, step L back, hold

Section 6 - R Shuffle back, Hold, L coaster step, Hold

- 1, 2, 3, 4, Step R back, step L together, step R back, hold
- 5, 6, 7, 8 Step L back, R together, step L fwd, hold

Section 7 - R Sugar Foot, Hold, L Sugar Foot, Hold

- 1, 2, 3, 4, Touch R toe to instep, R heel to instep, step R down, hold
- 5, 6, 7, 8 Touch L toe to instep, L heel to instep, step L down, hold

Section 8 -Step touches with claps, making a 1⁄4 turn to L

1-8, Step R, touch L as you click/clap, step L, touch R as you click/clap, repeat as you ¼ turn to the left over the 8 counts

Tag: At the end of wall 2 you will be facing 6 o clock, Repeat section 8 to finish at home wall (12)

Enjoy, and keeeep smiling!

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牆數:4