

Bonafide

拍數: 32 牆數: 2 級數: Intermediate WCS
編舞者: Lilian Lo (HK) & YoungSoon Song (KOR) - February 2021
音樂: Bonafide (feat. Chiild) - Emotional Oranges



Intro: Start after 32 counts (0:19 mins.)

S1 - Walk forward x 2, Side rock, Recover, Spiral ½ R, Triple step ½ R, Side rock, Recover, Flick

1 2 Walk RF forward (1), Walk LF forward (2)
3&4 Side rock on RF (3), Recover on LF (&), Spiral ½ turn R on LF (4) @6:00
5&6 Step RF forward (6:00) (5), Make ¼ turn R, close LF to RF (9:00) (&), Make ¼ turn R, step RF forward (6) @12:00
7 8 Side rock LF (7), Replace on RF, flick LF (8)

S2 - Cross, Back, Back, Cross, Back, Back, Cross, ¼ R, Swivel x 2, ¼ R, Anchor step

1&2 Cross LF over RF (1), Step RF to diagonal backward (10:30) (&), Step LF to diagonal backward (2) @10:30
&3&4 Cross RF over LF (&), Step LF to diagonal backward (1:30) (3), Step RF to diagonal backward (&), Cross LF over RF (4) @12:00
5 6 ¼ turn R, twist heels to L (5), twist heels to R, keep weight on RF (6) @3:00
7&8 Anchor step over ¼ turn R (7&8) @6:00

Restart: Happens on Wall 4 which starts at 6:00. Dance up to the end of Section 2 (Count 16), then start a new wall facing 12:00.

S3 - Walk forward x 2, Jazz box, Check, Recover, Back rock, ¼ L, Side

1 2 Walk RF forward (1), Walk LF forward (2)
3&4& Cross RF over LF (3), Step LF back (&), Close RF to LF (4), Step LF forward (&)
5 6 Rock RF forward (5), Recover on LF (6)
7&8 Back rock on RF (7), Recover on LF (&), Make ¼ L turn, step RF to side (8) @3:00

S4 - ¼ L, Back Rock, Recover, ¼ R, Side, ½ R x 2, ¼ R, Back lock back, Ronde, Cross behind

1&2 Make ¼ turn L, back rock on LF (1), Recover on RF (&), Make ¼ turn R, step LF to side (2)@3:00
3 4 Make ½ turn R, step RF to side, demi-plié (9:00) (3), Make ½ turn R, step LF to side, demi-plié (4) @3:00
5&6 Make ¼ turn R, step RF back (5), Cross LF over RF (&), Step RF back, sweep LF (6) @12:00
7 8 Continue LF sweep (7), Cross LF behind RF (8)