

38.6 Degrees

拍數: 56 牆數: 1 級數: Phrased Improver
編舞者: Wendy Lin (TW) & Sally Hung (TW) - April 2021
音樂: 38.6 Degrees (38度6) (DJ原版) - Hey Long (黑龍)



Sequence of dance: A, A, Tag1, Tag2, B,B,B,B, Tag2/ A, A, Tag3, A(32), Tag4, A(32), A(32), Ending pose

Intro: 32 counts after heavy beats

SECTION A (40 COUNTS)

S1. WALK FWD R-L-R-L, BODY GRIND

1,2,3,4 Walk fwd on R-L-R-L
5,6,7,8 Step R to Side body grind to R, body grind to L, body grind to R, body grind to L

S2. WALK BACK R-L-R-L, KICK BALL POINT X2

1,2,3,4 Walk back on R-L-R, step L together
5&6,7&8 Kick R fwd, step on ball of R, touch L toe to the L, Kick L fwd, step on ball of L, touch R toe to the R

S3. CROSS, POINT, BACK, POINT, JAZZ BOX WITH ¼ TURN R

1,2,3,4 Cross step R over L, touch L toe to the L, Step L behind R, touch R toe to the R
5,6,7,8 Cross step R over L, ¼ turn R stepping back on L, step R to side, cross L over R

S4. SIDE, POINT, SIDE, POINT, SWAY R-L-R-L

1,2,3,4 Step R to the R, touch L Behind R, step L to the L, touch R behind L
5,6,7,8 Step R to the R swaying R-L-R-L

S5. STEP, PIVOT ½ L, STEP, PIVOT ¾ L, HOLD, STOMP, TOGETHER

1,2,3,4 Step R fwd, pivot ½ turn L, step fwd on R, Pivot ¾ turn L
5,6 Step R to the R holding for 2 counts, stomp R to the center, step L together

SECTION B (16 counts)

S1. ¼ R WALK, WALK, WALK, ¼ L JUMP

1,2,3,4 ¼ turn R walk fwd on R-L-R, ¼ turn L jump on both feet (weight on R)
5,6,7,8 Walk fwd on L-R-L, ¼ turn R step L side, touch R together

S2. BODY GRIND R-L (x3), JUMP

1,2,3,4,5,6,7,8 Step R to side grind body to R-L three times (6 counts), ¼ turn R jumping on both feet for 2 counts

Tag1 (8 counts)

1,2,3,4 Step back R to R diagonal, touch L together, Step back L to L diagonal,
5,6,7,8 Repeat 1-4

Tag2 (4 counts)

1,2,3,4 Jump up on both feet out-in-out-in

Tag3(32 counts)

1,2,3,4 Step back R to R diagonal, touch L together, Step back L to L diagonal,
5,6,7,8 Repeat 1-4
9-12 Big step R to the R, drag L towards R for two counts, touch L next to R
13-16 Big step L to the L, drag R towards L for two counts, touch R next to L
17-20 Step R to R diagonal, touch L together, Step L to L diagonal, touch R together
21-24 Repeat 17-20

25-28 Big step R to the R, drag L towards R for two counts, touch L next to R
29-32 Big step L to the L, drag R towards L for two counts, touch R next to L

Tag 4 (Change steps A-S5)

A-S5 (change Steps. PIVOT ½ L, STEP, PIVOT 1/2L),

Happy Dancing!

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