

Selow

拍數: 32 牆數: 2 級數: Beginner
編舞者: Lalita Atikandhari (INA) - April 2021
音樂: Selow - Via Vallen



Intro : 16 counts starting dance on vocal
Restart after wall 3 16counts and after wall 6 24counts
Tag (16counts) after wall 1 and after wall 4

S1 (1-8) Side Slide, Side Touch, Close

1-2-3-&-4-& (1) Slide R to right (2) Touch Close L to R (3) Point L to left (&) Touch Close L to R (4) Point L to left (&) Touch L to R
5-6-7-&-8-&- (5) Slide L to left (6) Touch Close R to L (7) Point R to right (&) Touch Close R to L (8) Point R to right (&) Touch R to L

S2 (9-16) Diagonal step, Backward, Hitch

1-2-3-4 (1) Step R diagonal forward (2) Step L diagonal forward (3) Step R diagonal forward (4) Step L diagonal forward
5-&-6-&-7-&-8-&- (5) Step R backward (&) Hitch L (6) Step L backward (&) Hitch R (7) Step R backward (&) Hitch L (8) Step L backward (&) Hitch R

S3 (17-24) Hip Roll, Paddle Turn

1-2-3-&-4-& (1) ¼ Turn left , touch R with shake hip roll (9.00) (2) Step L to side (3) 1/8 Turn left, touch R with shake hip to right (7.30) (&) Step L Shake hip to left (4) 1/8 Turn left, touch R with shake hip to right (6.00) (&) Step L Shake hip to left
5-6-7-&-8-&- (5) ¼ Turn left , touch R with shake hip roll (3.00) (6) Step L to side (7) 1/8 Turn left, touch R with shake hip to right (1.30) (&) Step L Shake hip to left (8) 1/8 Turn left, touch R with shake hip to right (12.00) (&) Step L Sheke hip to left

S4 (25-32) Out In V Step ¼ turn right, Jazz box

1-2-3-4 (1) Step out R to right (2) Step out L to left (3) Turn ¼ R to right (3.00) (4) Close L to R
5-6-7-8 (5) Cross R over L (6) Step L back (7) ¼ turn right Step R to side (6.00) (8) Step L together

TAG after wall 1 and 4 : 16 counts

(1-8) Pivot, Side Slide, Backward, Close, Slide

1-2-3-4 (1) Step R forward (2) ½ Turn left, Step L in place (3,4) Slide R to right
5-6-7-8 (5) Step L backward (6) Close R to L (7,8) Slide L to left

(9-16) Hip Bump, Step, Point, Shimy/Shake Shoulder

1-2-3-4 (1) Shake hip to right , move body down (2) Shake hip to left, still down (3) Shake hip to right, move body up (4) Shake hip to left, still up
5-6-7-8 (5) Step R forward with shake shoulder (6) Point L behind R, with drop forward the body (7) Step L backward (8) Touch R beside L

Enjoy The Dance. Thank You

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