

# So Electric

拍數: 64      牆數: 2      級數: Phrased Advanced  
編舞者: Laura Gordon (USA) - June 2021  
音樂: Electric (feat. Miss Amani) - The DNC



Count in: 32 Count Start with Lyrics

Notes: 3 Restarts, No Tags

Sequence: A A B B (8 counts) A A B B B B (16 counts) A A (4 Counts) B B B

## Section A

[1 - 8] Walk x2, R Side Body Roll, Samba, Rock Recover

1 2            Walk Fwd on R (1) Walk Fwd on L (2) 12:00  
3 4            Step R to R turning body to the left (3) Shoulder down roll your body sit weight on your R (4) \*  
                 10:30  
&5&6        Take weight on L (&) Cross R over L (5) Step out on L with L (&) Step R on R (6) 12:00  
                 7 8 Rock weight Fwd on L (7) Recover weight back on R as you Sweep L back (8) 12:00

Styling For the body roll you may add hands crossing over each other parallel to the ground chest level, and bring back to side

\* Only restart for Section A will be the last time you do it, you restart after count 4 to start B

[9 - 16] Double Roger Rabbit x 2 Walk back, Point, Half Turn Pivot with L Hitch

1 & 2        Rock L back and hitching R (1) Rock R forward (&) Rock L back and hitching R (2) 12:00  
3 & 4        Rock R back and hitching L (3) Rock L forward (&) Rock R back and hitching L (4) 12:00  
5 6        Step back on L (5) Point back on R (6) 12:00  
7 8        ½ Turn Clockwise on Ball of R (7) Hitch L knee up (8) 6:00

Styling On count 6 -7 feel free to duck in to the turn for a more of a hip hop feel

[17 - 24] Cross and Heel and Cross and Heel, L Fwd with ¼ Turn Heel Swivels, Hitch

1&2&        Cross L Over R (1) Step R to R Side (&), Touch L Heel Forward (2), Step L to L Side (&) 6:00  
3&4&        Cross R Over L (3) Step L to L Side (&), Touch R Heel Forward (4), Step R to R Side (&)  
                 6:00  
5 & 6        Step Fwd on L (5) Make ¼ turn R as you swivel R heel to L (&), swivel L heel to L full weight  
                 on L(6) 9:00  
& 7 8        Swivel L heel to R (&), make ¼ turn L as you swivel R heel to R (weight ends R) (7) Hitch L  
                 (8) 6:00

[25 - 32] L Slide 1/4 Turn Hitch ¼ Slide Step Hitch, Step 1/4 Turn x 2 L Coaster Step

1 2            ¼ turn CCW L Step Fwd (1) ¼ turn and Hitch R Knee up (2) 3:00  
3 4            R Step to the R side (3) hitch L knee up (4) 12:00  
5 6            Step down L side with L with ¼ turn (5) Step R to R side with ¼ turn (6) 6:00  
7 & 8        Step L back (7) step R next to L (&) Step L fwd (8) 6:00

## Section B

[1 - 8] Fist Pump with L ¼ Paddle Turn/Chugs, Cross Rock Recover x2, R Crossing Shuffle

1 2            Step R to side ½ Turn (1), S Step R to side ½ Turn (2) 9:00  
3 4            Cross R over L (3) Point L out (4) 9:00  
5 6 &        Cross L over R (5) Step R out with a rock (6) Recover weight back on L (&) 9:00  
7 & 8        Cross R over L (7) Step L together (&) Cross R over L (8) \* 9:00

Styling Incorporate first pumps paddle turn section, punch up into the sky with every R step

\* Second Time you do B you will restart after the crossing shuffles at 8. Helpful hint: add an & count after 8, stepping down on L facing the front and then you Start with A, by walking Fwd facing the front wall

[9 - 16] Side Sway Rock Recover, Behind, Side ¼ Slide Touch x2

- 1 2 Step L to L side rocking weight on the L (1) Recover weight on R (2) 9:00
- 3 4 Step left behind R (3) ¼ turn CW stepping R fwd (4) 12:00
- 5 6 Slide L on L (5) Drag R next to L (6) 12:00
- 7 8 Slide R on R (7) Drag L next to R (8) \* 12:00

**Styling For 1 - 2 add both hands bent elbows and sway hands L to R.**

**\* The 6th time you do B you will notice the music will slow down you will restart after count 8, make sure your weight is centred so you can go into A**

**[17 - 24] L Rock with Hitch Recover, L Shuffle, Side Step Cross x 2**

- 1 2 Step down on L (1) Hitch L knee up all the weight on R (2) 12:00
- 3 & 4 Step L with L (3) Step R next to L (&) Step L on L (4) 12:00
- 5 6 Cross R over L (5) Step R together (6) 12:00
- 7 8 Cross L over R (7) Step L together (8) 12:00

**Styling When you Hitch on count (2) bring R hand up across chest and push away towards the L bring back the hand once you step down on count (3)**

**[25 - 32] R Fwd Rock Recover Step ¼ L Rock Recover step, Kick Walks ¼ Turn**

- 1 2 & Rock Fwd on R (1) Recover weight on L (2) Step R together (&) 12:00
- 3 4 & ¼ turn L Rock fwd (3) Recover weight on R (4) Step L together (&) 9:00
- 5&6& Kick R heel (5) Step together (&) kick L heel with 1/8 CCW (6) step together (&) 7:30
- 7&8& Kick R heel (7) Step together (&) kick L heel with 1/8 CCW (8) step together (&) 6:00

**Ending Continue kicking while walking, face the front and pose! Fun partner idea: find one other person to pose with you lean on each other's back and have your arms crossed.**

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