

Lady Aster

拍數: 64 牆數: 2 級數: Improver
編舞者: Wenarika Josephine (INA) - August 2021
音樂: Nona Aster (feat. R'MS - T.F.G.) - Mr E



Intro music : 8cts / NO TAG NO RESTART

Sect 1 SCUFF R/L, HEEL TOE TOUCH, SIDE CHASSE

1 - 4 Scuff R - step R in place - scuff L - step L in place
5 - 6 R heel diag fwd - R toe beside L
7 & 8 Step R to side - L beside R - R to side

Sect 2 SCUFF L/R, HEEL TOE TOUCH, SIDE CHASSE ¼ TURN LEFT

1 - 4 Scuff L - step L in place - scuff R - step R in place
5 - 6 L heel diag fwd - L toe beside R
7 & 8 Step L to side - R beside L - turn ¼ left step L fwd (9.00)

Sect 3 HEEL TOE TOUCH FWD & BACK , LUNGE STEP ½ TURN LEFT

1 - 4 R heel fwd - R toe back - R heel fwd - R toe back
5 & 6 & Lunge R to side - recover on L - ¼ turn left lunge R to side - recover on L
7 & 8 ¼ turn left lunge R to side - recover on L - step R fwd .. (3.00)

Sect 4 HEEL TOE TOUCH FWD & BACK , LUNGE STEP ½ TURN RIGHT

1 - 4 L heel fwd - L toe back - L heel fwd - L toe back
5 & 6 & Lunge L to side - recover on R - ¼ turn right lunge L to side - recover on R
7 & 8 ¼ turn right lunge L to side - recover on R - step L fwd ... (9.00)

Sect 5 WALK FWD, MAMBO FWD , ANCHOR STEP

1 - 2 Walk forward on R - L
3 & 4 Rock R fwd - recover on L - R slightly back
5 & 6 Rock L back (3rd position) - recover on R - recover on L
7 & 8 Rock R back (3rd position) - recover on L - recover on R

Sect 6 SAILOR STEP, FWD ROCK, ½ TURN LEFT SHUFFLE

1 & 2 Cross L behind R - step R to side - step L to side
3 & 4 Cross R behind L - step L to side - step R to side
5 - 6 Rock L fwd - recover on R
7 & 8 Shuffle ½ turn left on L - R - L (3.00)

Sect 7 SYNCOPATED DIAG ROCKING CHAIR

1&2& Diag left rock R fwd - recover on L - rock R back - recover on L
3 & 4 Rock R fwd - recover on L - (squaring right) step R to side
5&6& Diag right rock L fwd - recover on R - rock L back - recover on R
7 & 8 Rock L fwd - recover on R - (squaring left) step L to side

Sect 8 HEEL SWITCH , HEEL SWIVEL , ¼ TURN RIGHT SIDE MAMBO CROSS, SWAY

1&2& R heel fwd - step R in place - L heel fwd - step L in place
3 & 4 Step R fwd - swivel both heels to right - swivel back in centre (weight on R)
5 & 6 Turn ¼ right rock L to side - recover R - cross L over R
7 - 8 Step R to side and sway to right - sway left

Contact email : wenarikajosephine@gmail.com

