

Skate

拍數: 32 牆數: 4 級數: Improver
編舞者: Judy Rodgers (USA) - September 2021
音樂: Skate - Bruno Mars, Anderson .Paak & Silk Sonic



#32 counts intro - 1 restart

S1: Skate, touch, skate, touch, skate skate skate touch

1-2 Skate R fwd right diagonal, touch L beside R

3-4 Skate L fwd left diagonal, touch R beside L

5-8 Skate R L R fwd to diagonals, touch L beside

(can use arms: R arm pointed up/L arm pointed down/hold (1-2); repeat with L arms (3-4))

S2: Rolling vine w/scuff, cross, back, step lock step

1-4 Turn 1/4 left step L fwd, turn 1/2 left step R back, turn 1/4 left step L to left side, scuff R

(option for 1-4: vine left with a scuff R)

5-6 Cross R over L, step L back

7&8 Step R back, step/lock L over R, step R back

***** Restart Wall 4 facing 9:00 - add '& step L beside R' to restart

S3: Turn 1/4 L, sweep R, turn 1/4 L sit/touch , sailor step, turn 1/4 L sailor step

1-2 Turn 1/4 left step L fwd, sweep R beside L 9:00

3&4 Turn 1/4 left step R to right side, step/sit back on L, touch R toe in front of L 6:00

5&6 Step R behind L, step L to left side, step R to right side

7&8 Turn 1/4 left step L behind R, step R to right side, step L fwd 3:00

S4: Skate skate, shuffle, rock back, coaster step

1-2 Skate R, skate L

3&4 Shuffle fwd R L R

5-6 Rock L fwd, recover R

7&8 Step L back, step R beside L, step L fwd