

Sober

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Magali CHABRET (FR) - October 2021
音樂: Sober - Gavin James : (Single : Sober (Acoustic version))



#8 counts intro

S1 : BASIC NC R, ¼ TURN R, ROLLING FULL TURN R, SWEEP, CROSS, SIDE, CHECK BACK, ½ TURN R

- 1-2& Large step Rf to R side - step Lf behind Rf - cross Rf over Lf
3 Turn 1/4 right stepping Lf back, turn 1/4 right on ball of Lf slightly sweeping Rf and point Rf forward (6:00)
4&5 Step Rf forward - turn 1/2 right stepping back on Lf - turn 1/4 right stepping Rf to R side sweeping Lf forward (3:00)
6& Cross Lf over Rf - step Rf to R side
7-8& Step Lf back - recover onto Rf - turn 1/2 right stepping Lf back (9:00)

S2 : CHECK BACK, FULL TURN L, DRAG, WALK, WALK, DEVELOPPE, POINT BACK, ½ R STEP FWD, 3/8 R CROSS L

- 1-2 Step Rf back - recover onto Lf
&3 Turn 1/2 left stepping Rf back - turn 1/2 left stepping Lf forward and drag Rf towards Lf (9:00)
4& Step Rf forward - step Lf forward
5-6 Develop R leg forward - point R toes backward
7 Turn 1/2 right taking weight on Rf forward (3:00)
8 Sweep Lf forward turning 3/8 right then cross Lf over Rf (7:30)

S3 : RONDE ½ TURN L, POINT/STEP BACK, BODY ROLL B/F/B, DIAMOND ½ TURN R

- & Make a counterclockwise sweep in the air with R leg starting 1/2 turn L
1 Finish 1/2 turn L bringing Rf close to left knee (1:30)
2&3 Step Rf back rolling the upper body backward - recover onto Lf rolling upper body forward - recover onto Rf rolling upper body backward (1:30)
4&5 Step Lf forward - step Rf forward - turn 1/8 right stepping Lf to L side (3:00)
6&7 Turn 1/8 right stepping back on Rf (4:30) - step back on Lf - turn 1/8 right stepping Rf to R side (6:00)
8& Turn 1/8 right stepping Lf forward - step Rf forward (7:30)

S4 : 1/8 TURN R BASIC NC L, ¾ TURN L, ½ TURN R, SWEEP, BEHIND, ¼ TURN L, PIVOT ¾ TURN L

- 1-2& Turn 1/8 right with large step Lf to L side - step Rf behind Lf - cross Lf over Rf (9:00)
3-4 Turn 1/4 left stepping back on Rf - turn 1/4 left stepping Lf forward (3:00)
5 Turn 1/4 left stepping Rf back, bending R leg/straightening L leg with L heel on the floor and L toes raised (12:00)
6 Drop L toes turning 1/2 right taking weight on Lf, sweeping Rf from front to backward (6:00)
7& Step Rf behind Lf - turn 1/4 left stepping Lf forward (3:00)
8& Step Rf forward - pivot 3/4 turn left, taking weight on Lf (6:00)

TAG: at the end of wall 2, wall 4, wall 6 (facing 12:00):

[1-8] : DIAMOND ½ TURN L, SWAYS R/L/R, ½ TURN L

- 1-2& Step Rf to R side - turn 1/8 left stepping back on Lf (1:30) - step Rf back
3-4& Turn 1/8 left stepping Lf to L side - turn 1/8 left stepping Rf forward - step Lf forward (7:30)
5-6-7 Turn 1/8 left stepping Rf to R side and sway to right - sway to left - sway to right (6:00)
8 Turn 1/2 left recovering onto Lf (12:00)

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.
