

Thrive

拍數: 128 牆數: 1 級數: Phrased Advanced
編舞者: Danilo Carta (IT) - December 2021
音樂: Thrive - Casting Crowns



Structure: Intro (8 counts), Part A (64 counts), Part B (32 counts), Part C (32 counts), Tag 1 (4 counts), Tag 2, (16 counts), Break (4 counts)

INTRO: After 24 counts of the initial instrumental rhythm part
JAZZ BOX CROSS (TWICE)

1-2-3-4 Right over left, left step back, right together, left over right
5-6-7-8 Right over left, left step back, right together, left over right

PART A: 64c

S1: STEP DIAGONAL (TWICE), TURNING STEP (TRIPLE), STOMP

1-2 Right step fw diagonally to right, Left together
3-4 Left step fw diagonally to left, Right together
5-6 Turn ½ to right & Right step fw, turn ½ to right & Left step fw
7-8 Turn ½ to right & Right step fw, Left stomp near

S2: SCISSOR STEP, KICK BALL CROSS, TURNING ROCK, TURNING SHUFFLE

1&2 Right rock to side, Left step back, Right over Left
3&4 Left kick fw, Left step back, Right over Left
5&6 Turn ¼ to left & Left rock fw, Recover
7&8 Turn ¼ to left & Left step fw, Right together, Left step fw

S3: SIDE TOUCH (TWICE), KICK, STEP BACK, COASTER STEP

1-2 Right side touch, Right over Left
3-4 Left side touch, Left behind
5-6 Right kick fw, Right step back
7&8 Left step back, Right together, Left step fw

S4: KICK BALL, TURNING SHUFFLE, TURNING STEP, ROCK STEP BACK, STOMP UP

1&2 Right kick fw, Right step back, Left side touch
3&4 Turn ¼ to left & Left step fw, Right together, Left step fw
5-6 Right step fw, turn ½ to left, Left together
7&8 Right rock back, Recover, Right stomp up near

S5: SIDE STEP, CROSS STEP, TURNING SHUFFLE, PIVOT, STEP & STOMP (TWICE)

1-2 Right step to right, Left cross behind
3&4 Turn ¼ to right & Right step fw, Left together, Right step fw
5-6 Left step fw, turn ½ to right
7&8 Left step fw diagonally to left & Right stomp near, Right step back diagonally to right & Left stomp near

S6: SIDE STEP, CROSS STEP, TURNING SHUFFLE, PIVOT, STEP & STOMP (TWICE)

1-2 Left step to left, Right cross behind
3&4 Turn ¼ to left & Left step fw, Right together, Left step fw
5-6 Right step fw, turn ½ to left
7&8 Right step fw diagonally to right & Left stomp near, Left step back diagonally to left & Right touch behind

S7: TURN ¾, STOMP, STEP LOCK, SHUFFLE, SIDE STEP, TOGETHER

1&2 Turn ¾ to to right, Left stomp fw
 3-4 Right step fw, Left lock behind
 5&6 Right step fw, Left together, Right step fw
 7-8 Left step side, Right together

S8: STEP LOCK, SHUFFLE, TURNING ROCK (TWICE), STOMP

1-2 Left step fw, Right lock behind
 3&4 Left step fw, Right together, Left step fw
 5&6 Turn ½ to right & Right rock fw, Recover
 7&8 Turn ½ to right & Right rock fw, Recover, Left stomp near

PART B: 32c**S1: SIDE ROCK, SHUFFLE, MAMBO STEP, VAUDEVILLE**

1&2 Right rock to side, Recover
 3&4 Right step fw, Left together, Right step fw
 5&6 Left step fw, left step back
 7&8 Right cross over Left, Left step back, Right heel fw diagonally to right

S2: ROCK STEP, TURNING SHUFFLE, MAMBO STEP, VAUDEVILLE

1&2 Left rock fw, Recover
 3&4 Turn ½ to left & Left step fw, Right together, Left step fw
 5&6 Right step fw, Right step back
 7&8 Left cross over Right, Right step back, Left heel fw diagonally to left

S3: TURNING CROSS, HEEL OUT/IN, DIAGONAL SHUFFLE (TWICE)

1-2 Right cross over Left, turn ½ to left
 &3&4 Left/Right heel fw diagonally outward & Left/Right heel return to center
 5&6 Left step fw diagonally to left, Right together, Left step fw (stay diagonally)
 7&8 Right step fw diagonally to left, Left together, Right step fw (stay diagonally)

S4: HEEL (TRIPLE), TURN ½, PIVOT, STEP BACK, COASTER STEP

&1&2 Left heel, over Right & Left step back, Right heel over Left & Right step back
 &3&4 Left heel over Right & Left step back & Turn ½ to right & Right step fw
 5-6 Left step fw, turn ½ to right & Right step back
 7&8 Left step back, Right together, Left step fw

PART C: 32c**S1: SCUFFING KICK, HOOK, SHUFFLE, MAMBO, TURNING MAMBO, COASTER STEP**

1-2 Right scuff, Right brush & Right hook
 3&4 Right step fw, Left together, Right step fw
 5&6 Left rock fw, Recover, turn ¼ to left & Left step fw
 7&8 Left step back, Right together, Left step fw

S2: SCUFFING KICK, HOOK, SHUFFLE, MAMBO, TURNING MAMBO, COASTER STEP

1-2 Right scuff, Right brush & Right hook
 3&4 Right step fw, Left together, Right step fw
 5&6 Left rock fw, Recover, turn ¼ to left & Left step fw
 7&8 Left step back, Right together, Left step fw

S3: SCUFFING KICK, HOOK, SHUFFLE, MAMBO, TURNING MAMBO, COASTER STEP

1-2 Right scuff, Right brush & Right hook
 3&4 Right step fw, Left together, Right step fw

5&6 Left rock fw, Recover, turn ¼ to left & Left step fw
7&8 Left step back, Right together, Left step fw

S4: SCUFFING KICK, HOOK, SHUFFLE, MAMBO, TURNING MAMBO, SWEEP TWICE

1-2 Right scuff, Right brush & Right hook
3&4 Right step fw, Left together, Right step fw
5&6 Left rock fw, Recover, turn ¼ to left & Left step fw
7&8 Brush with the Left toe fw and out & bring back with a slide crossing behind, Brush with the Right toe fw and out & bring back with a slide crossing behind

TAG 1

Tag of 4 counts at the end of 2th and 7th PART B

1-2-3-4 Right stomp fw, Right toe (x3)

TAG 2

Tag of 16 counts at the end of 5th and 9th PART B (final)

1-2-3-4 Right stomp fw, Right toe (x3)

5-6-7-8 Left stomp fw, Left toe (x3)

1-2 Right step fw, turn ½ to left

3-4 Turn ½ to left & Left step fw, hold

5-6 Right stomp fw, hold

7-8 Left stomp near, hold

BREAK

Break of 4 counts at the end of 2th PART C

Sequence: INTRO, A, B, B, TAG 1, B, A, B, B, TAG 2, C, C, BREAK, B, B, TAG 1, B, B, TAG 2 (ENDING)
