

RIP Love Faouzia

拍數: 64 牆數: 2 級數: Phrased Intermediate
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音樂: RIP, Love - Faouzia



Intro 16 counts - No Tag - No Restart

Sequence : AA BB – AA BB

Part A : 32 Counts

SEC 1 : STEP FORWARD R,L – LOCK SHUFFLE FORWARD – ROCK FORWARD – RECOVER – ANCHOR STEP

1 2 Step forward R, L
3&4 Step R forward, Lock L behind R, Step R forward
5 6 Rock L forward, Recover on R
7&8 Step L back while hitch on R, Step R in place, Step L back while hitch on R

SEC 2 : BOTTAFOGO (R,L) – SAILOR STEP – ¼ TURN LEFT COASTER STEP

1 a2 Cross R over L, Step L to side, Step R in place
3 a4 Cross L over R, Step R to side, Step L in place
5&6 Step R behind L, Step L to side, Step R in place
7&8 ¼ turn left Step L back, Close R together L, Step L forward

SEC 3 : SAMBA WHISK (R,L) – VOLTA ½ TURN RIGHT

1 a2 Step R to side, Cross L behind R, Step R in place
3 a4 Step L to side, Cross R behind L, Step L in place
5&6& Step R forward, Close L together R, 1/4 turn right step R forward, Close L together R
7&8 1/4 turn right step R forward, Close L together R, Step R forward

SEC 4 : ¼ TURN – TOUCH – SIDE HIP ROLL – CLOSE

1 2 ¼ turn right touch L to side, ¼ turn left Step L in place
3 4 ¼ turn left touch R to side, ¼ turn right Step R in place
5 6 ¼ turn right step L to side with hip roll from right to left
7 8 Hip roll from left to right, Close L together R

Part B : 32 Counts

SEC 1 : SYNCOPATED CROSS SHUFFLE (R,L)

1&2& Cross R over L, Step L to side, Cross R over L, Step L to side
3&4 Cross R over L, Step L to side, Cross R over L
5&6& Cross L over R, Step R to side, Cross L over R, Step R to side
7&8 Cross L over R, Step R to side, Cross R over R

SEC 2 : FORWARD MAMBO –COASTER STEP – SIDE HIP ROLL – CLOSE

1&2 Rock R forward, Recover on L, Step R back
3&4 Step L back, Close R together L, Step L forward
5 6 Step R to side with hip roll, Recover on L with hip roll
7 8 Step R in place with hip roll, Close L together R

SEC 3 : TOUCH HEEL – CLOSE – CHASSEE (R,L)

1 2 Touch heel R to side, Close touch R together L
3&4 Step R to side, Close L together R, Step R to side
5 6 Touch heel L to side, Close touch L together R
7&8 Step L to side, Close R together L, Step L to side

SEC 4 : VOLTA ½ TURN RIGHT – 1/8 TURN – LITTLE JUMP – BODY ROLL – 1/8 TURN – LITTLE JUMP – BODY ROLL

1&2& Step R forward, Close L together R, 1/4 turn right step R forward, Close L together R
3&4 1/4 turn right step R forward, Close L together R, Step R forward
5 6 1/8 turn right while little jump, Body roll inplace
7 8 1/8 turn left while little jump, Body roll inplace
