Impikan (Watch me Glow)



拍數: 32

牆數:4

級數: Beginner / Improver

編舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 22 June 2022

音樂: Impikan - DOLLA

或: Watch Me Glow - DOLLA

Start : 10 s. approximately (On the lyrics) No Tag – No Restart

[1-8] Triple-Step, Rock-Step, Hitch, Triple-Step, Rock-Step, Hitch

- 1&2 Triple-Step : RF FW, LF next to RF, RF FW
- 3-4 LF FW, recover to RF with L Hitch (weight is on RF)
- 5&6 Triple-Step : LF FW, RF next to LF, LF FW
- 7-8 RF FW, recover to LF with R Hitch (weight is on LF)

[9-16] Back, Back, Back, Drag, Together, Mambo, Mambo

- 1-2 RF Back, LF Back
- 3-4 RF Back with L Drag, LF next to RF
- 5&6 RF to the R side, Recover to LF, RF next to LF
- 7&8 LF to the L side, Recover to RF, LF next to RF

[17-24] ¼ R, Walk, ½ R Circle, Walk, Walk, 1/8 R, Circle

- 1-2 Make ¼R with RF FW, LF FW
- 3&4 Make 1/2R Circle with RF FW, LF FW, RF FW
- 5-6 LF FW, RF FW
- 7&8 Make 1/8R Circle with LF FW, RF FW, LF FW

[25-32] Rock-Step, Together, Toe-Strut, Toe-Strut

- 1-2 RF FW, Recover to LF
- 3-4 Make ¼R with RF to the R side, LF next to RF
- 5-6 R toe FW, Down your R heel
- 7-8 L toe FW, Down your L heel
- NOTA : For the Arms, watch the video

Smile et enjoy the dance

Contact : maellynedance@gmail.com