

Urge

拍數: 32 牆數: 4 級數: Improver - Cumbria
編舞者: José María Tomé (ES) - May 2022
音樂: Urge - Lila Downs



Dance starts after 16 counts. No TAGS, no RESTARTS!

(1-8) (R/L): CROSS SHUFFLE, ROCKING CHAIR

1 & 2 (1) LF Cross over RF , (&)RF to R side , (2) LF Cross over RF
3 & 4 & (3) RF Rock fwd. (&) Recover, (4) RF Rock back (&) Recover
5 & 6 (5) RF Cross over LF , (&)LF to L side , (6) RF Cross over LF
7 & 8 & (7) LF Rock fwd. (&) Recover, (8) LF Rock back (&) Recover

(9-16) (L/R) MAMBO CROSS, ROCK FWD, SIDE ROCK, BACK, ¼ R SIDE STEP, CROSS

1 & 2 (1) LF Side Rock , (&) Recover, (2) LF Cross over RF
3 & 4 (3) RF Side Rock , (&) Recover, (4) RF Cross over LF
5 & 6 & (5) LF Rock fwd. (&) Recover, (6) LF Side Rock, (&) Recover
7 & 8 (7) LF Step back, (&) ¼ Turn R RF Step side R, facing [3:00], (8) LF Cross over RF

(17-24) (R/L): SIDE, TOUCH, SIDE, TOUCH, SCISSORS

1 & 2 & (1) RF Step to R , (&) LF Touch beside RF, (2) LF Step to L, (&) RF Touch beside LF
3 & 4 (3) RF Step to R, (&) LF Close to RF, (4) RF Cross over LF
5 & 6 & (5) LF Step to L , (&) RF Touch beside LF, (6) RF Step to R, (&) LF Touch beside RF
7 & 8 (7) LF Step to L, (&) RF Close to LF, (8) LF Cross over RF

(25-32) RIGHT CHASSÉ, ½ L LEFT CHASSÉ, CROSS ROCK, SIDE, CROSS ROCK, SIDE ROCK

1 & 2 (1) RF Step to R, (&) LF Step close to RF, (2) RF Step to R
3 & 4 (3) ½ Turn to L & LF Step to L, facing [9:00], (&) RF Step close to LF, (4) LF Step to L
5 & 6 (5) RF Cross Rock, (&) Recover, (6) RF Step to R
7 & 8 & (7) LF Cross Rock, (&) Recover, (8) LF Step to L, (&) Recover

AND... START AGAIN!

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