

I Want to Get Numb

拍數: 32 牆數: 4 級數: Low Advanced
編舞者: Hiroko Carlsson (AUS) - August 2022
音樂: Numb - Marshmello & Khalid : (Spotify / Apple Music / Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(8 counts intro/Dance starts on lyrics)

[S1] Slow Coaster Step, Step-Pivot 1/2R, Samba Step, Triple Turn L

1 2 3 Step back on R, Step L next to R, Step forward on R
4& Step forward on L, Make a ½ turn right recover weight on R (6:00)
5&6 Slightly cross L over R, Rock R to the side, Replace weight on L
7&8 Full triple turn left slightly moving forward on R-L-R (6:00)

[S2] Fwd Rock-Sweep, Behind-1/4R-Fwd-Together, Reverse Rocking Chair L

1 2 Rock forward on L, Replace weight on R and sweeping L around
3&4& Step L behind R, Make a ¼ turn right stepping forward on R (9:00), Step forward on L, Step R together
5 6 7 8 Rock back on L, Replace weight on R, Rock forward on L, Replace weight on R

[S3] 1/4L, Cross Rock-Close w/ Sweep 3/4L, Side Rock-Cross into Spiral 3/4L-Kick-Ball-Point

1 2& Make a ¼ turn left stepping L to the side (6:00), Rock/cross R over L, Replace weight on L
3 4& Step R close to L making a ¾ turn left (9:00), Rock L to the side, Replace weight on R
5 6 Cross L over R, Step R to the side into a ¾ spiral turn left leaving L foot hooked under R knee (12:00)
7&8& Kick forward on L, Ball step L in place, Touch R heel forward, Step R in place

[S4] Dip, Recover/R Heel In-Replace, L Heel In-Replace-In-Replace, Fwd Rock-1/2R-1/4R

1 2& Step L to the side (as you dip), Straighten and swivel R heel in, Replace to the centre weight ends R foot
3&4 L heel swivel inwards, Recover to the centre, R heel swivel inwards, Recover to the centre weight ends on L
5 6 Rock forward on R, Replace weight on L
7 8 Make a ½ turn right stepping forward on R (6:00), Make a ¼ turn right L to the side (9:00)

No Tags or Restarts

Ending suggestion; The last wall starts facing 12:00. Change the last '8' count of the dance to ½ right turn and stepping back on L, facing 12:00 for finish

(updated: 5/July/22)