Press Rewind

拍數: 32

級數: Intermediate

編舞者: Fabian Müller (CH) - September 2022

音樂: Take It Back (feat. Dom Fricot) - Jef Miles

Sect 1 ROCK STEP, RECOVER, STEP BACK, TOUCH, FULL TURN UNWIND, SHUFFLE BACK, STEP BACK, HITCH, TOUCH, SWIVEL

- 1 2 & Rock step forward R Recover L Step back R
- 3 4 Touch L toe back Unwind full turn over left weight changes to L
- 5 & 6 & Step back R Close L in front of R Step back R Step back L and hitch R
- 7 & 8 Touch R forward Swivel R heel to right Swivel R heel back to center

Restart in 5th wall

Sect 2 KICK, HOOK, KICK, STEP, KICK, HOCK, KICK, STEP, STEP, STOMP, STEP, STOMP UP, STOMP

- & 1 & 2 Kick forward R Hook R in front of L Kick forward R Step forward R
- & 3 & 4 Kick forward L Hook L in front of R Kick forward L Step forward L
- 5 6 Long step forward R Stomp L next to R
- 7 & 8 Long step forward R Stomp up L next to R Stomp forward L

Sect 3 POINT, STEP, POINT, KICK BALL POINT, STEP BACK, SHUFFLE BACK

- 1 2 Point R to right Step forward R
- 3 4 & Point L to left Kick forward L Step on ball of L
- 5 6 Point R to right Step back R
- 7 & 8 Step back L Close R in front of L Step back L

Sect 4 ¼ TURN, SIDE ROCK, RECOVER, BEHIND, SIDE, HEEL, SIDE, CROSS, HOLD, SIDE, CROSS, HOLD OR SCUFF

- 1 2 ¼ Turn right and side rock R Recover L
- 3 & 4 & Cross R behind L Step side L Heel R diagonal forward to right Step to side R
- 5 6 Cross L in front of R Hold
- Break in 13th wall and hold count 7 8
- & 7 8 Side step R Cross L in front of R Hold or Scuff
- While the artist is singing, the last count is a hold. With the beat, the last count is a scuff!

Tag 1 after 7TH wall

- Sect 1 CROSS, 1 ¼ UNWIND
- 1 4 Cross R in front of L Unwind 1 ¼ Turn over left weight changes to L (start 6:00 ending 03:00)

For easier orientation you can only turn ¼ to left

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牆數:4