My HaND

拍數: 32

級數: Improver / Intermediate

編舞者: Andrico Yusran (INA) - September 2022

音樂: For My Hand (feat. Ed Sheeran) - Burna Boy

No Tag No Restart

Start Dance after intro lyrics 32 Counts

S1# *SAMBA WISHK - VOLTA 3/4 TURN L - FORWARD - 1/2 TURN R (sweep) - CROSS BEHIND - SIDE - CROSS*

- 1 a2 Step R to side , L ball cross behind R , R tap in place
- 3 a4 L 1/4 turn L, R lock behind L , L 1/4 turn to L
- 5-6 R forward (3.00), L 1/2 Turn to R with R sweep from front to back (9.00)
- 7&8 R cross behind L , L side , R cross over L

S2# *DIAMOND 1/2 TURN L - LOCK FORWARD SYNCOPATED DIAGONAL*

- 1&2 Step L forward diagonal to L, R side 3/8 turn L (6.00), L back diagonal to L with R knee up
- 3&4 R back , L 3/8 turn to L (3.00) , R cross diagonal to L (1.30)
- 5&6& L forward diagonal to L , R lock behind L , L forward , R lock behind L (1.30)
- 7&8 L forward diagonal to L, R lock behind L, L forward (1.30)

S3# *MAMBO DIAGONAL (sweep) - SAILOR 3/8 TURN L - SAILOR 1/4 TURN R - OUT - OUT*

- 1&2 Step R forward , Recover on L , R back with L sweep from front to back (1.30)
- 3&4 L 3/8 turn to L (12.00) , R side , L to side
- 5&6 R 1/4 turn to R cross behind L , L side , R forward
- 7-8 L out , R out

S4# *CLOSE - KNEE POP - V STEP (heels) - FORWARD - CLOSE*

- 1-2-& Step L close beside R , making knee both out , in (heels up)
- 3&4 knee both out , in , out (heels up)
- 5&6& R heel diagonal to R , L heel diagonal to L , R back to center , L close beside R
- 7-8 R forward , L close beside R

Dancing With Your Heart \Box

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牆數:4