

The Sphinx

拍數: 128 牆數: 2 級數: Phrased Advanced
編舞者: Simon Ward (AUS), Roy Hadisubroto (IRE), Fiona Murray (IRE) & Rebecca Lee (MY) - October 2022
音樂: Medellín (Offer Nissim Madame X In The Sphinx Mix) (2022 Remaster) - Madonna & Maluma : (Album: Finally Enough Love 50 Number Ones - 2022 Remasters -iTunes & Amazon)



Sequence – A B A B Tag C C B A B B*(24 counts) C (last 16 counts) C B A A (8 counts)

Part A – Cha Cha

[1-8] Cross/rock R, Recover L, Chasse R ¼ turn R, L fwd, Pivot ½ R, 3 x claps

- 1-2 Cross/rock R over L, Recover weight onto L (12:00)
- 3&4 Step R to R side, Step L beside R, ¼ turn R step R forward (3:00)
- 5-6 Step L forward, Pivot ½ turn R keeping weight on L with R knee popped forward (9:00)
- 7&8 Hold position & clap hands three times at shoulder height (9:00)

Styling: Turn head right towards 12:00 during claps

[9-16] Cross/rock R, Recover L & sweep, R sailor step, Cross/step L, R side, L sailor step ¼ turn L

- 1-2 Cross/rock right over L, Recover weight onto L sweeping R back (9:00)
- 3&4 Step R behind L, Step L to L side, Recover weight onto R (9:00)
- 5-6 Cross/step L over R, Step R to R side (9:00)
- 7&8 Step L behind R, Step R beside L turning ¼ turn left, Step L slightly forward (6:00)

[17-32] Repeat counts 1-16 beginning at 6:00 finishing at 12:00

Part B – Samba

[1-8] Samba full diamond R

- 1&2& Cross/step R over L, Step L slightly to L turning ⅛ turn R, Step R back, Hitch L knee (1:30)
- 3&4& Step L behind R, Step R to R turning ¼ turn R, Step L forward, Hitch R knee (4:30)
- 5&6& Cross/step R over L, Step L slightly to L turning ¼ turn R, Step R back, Hitch L knee (7:30)
- 7&8 Step L behind R, Step R to R turning ¼ turn R, Step L forward (10:30)

[9-16] ¼ turn R, R botafogo, L botafogo, R volta full turn

- 1&2 ⅛ turn R & Cross/step R over L, Rock/step L to L, Recover weight onto R (12:00)
- 3&4 Cross/step L over R, Rock/step R to R, Recover weight onto L (12:00)
- 5&6& ¼ turn R step R forward, Lock/step left behind, ¼ turn R step right forward, Lock/step left behind (6:00)
- 7&8 ¼ turn R step R forward, Lock/step left behind, ¼ turn R step right forward (12:00)

(counts 5-8 is right lock/step turning a full turn right, keep circle tight)

[17-24] L samba whisk, R samba whisk, L lock/step turning ¼ L, ¼ L & shuffle L fwd

- 1a2 Step L to L side, Rock/step R behind L, Recover weight onto L (12:00)
- 3a4 Step R to R side, Rock/step L behind R, Recover weight onto R (12:00)
- 5-6 ¼ turn L step L forward, Lock/step R behind L (9:00)
- 7&8 Turn a further ¼ turn L and step L forward, Step R beside L, Step L forward (6:00)

[25-32] Rock R fwd, Recover L, R coaster step, L fwd, Pivot ½ turn R, Shuffle R fwd

- 1-2 Rock/step R forward, Recover weight on L (6:00)
- 3&4 Step R back, Step L beside R, Step R forward (6:00)
- 5-6 Step L forward, Pivot ½ turn R taking weight onto R (6:00)
- 7&8 Step L forward, Step R beside L, Step L forward (6:00)

Part C – Bollywood/Funky

[1-8] Cross point, Side point, Cross point, Side point, R botafogo, L cross shuffle

- 1-4 Cross point R over L, Point R to R side, Cross point R over L, Point R to R side (12:00)
5&6 Cross/step R over L, Rock/step L to L, Recover on R (12:00)
7&8 Cross L over R, Step R to right side, Cross L over R (12:00)

Styling: R arm is up at head level, L arm is down at stomach level with both hands facing away from body (1)

In a clockwise circular motion bring R arm down to stomach level & L arm up to head level (2)

In a counter-clockwise circular motion bring R arm up to head level & L arm down to stomach level (3)

In a clockwise circular motion bring R arm down to stomach level & L arm up to head level (4)

[9-16] Paddle ½ turn, Side step, L rock back recover side, R rock back recover side

- 1-4 Point R to R side, ¼ turn L point R to R side, ¼ turn L point R to R side, Step R to R side (6:00)
5&6 Rock/step L back, Recover on R, Step L to L side (6:00)
7&8 Rock/step R back, Recover on L, Step R to R side (6:00)

Styling: On the paddle turn, R arm is out to R side, L arm is up above head. Both hands twist as if opening a door knob with R hand and screwing in a light bulb with L (1-4). On the rock backs open the shoulders up as if a matador (5-8)

[17-24] ½ turn Weave, Ball together, Knee pop, Lock step R fwd

- 1&2 ⅛ turn L cross L behind R, ⅛ turn L step R to R side, Cross L over R (3:00)
&3&4 ⅛ turn L step R to R side, Cross L behind R, ⅛ turn L step R to R side, Cross L over R (12:00)
&5&6 ⅛ turn L step R to R side, Close L next to R, Push both knees forward lifting both heels, both knees straighten again while dropping both heels (10:30)
7&8 Step R forward, Lock L behind R, Step R forward (10:30)

[25-32] ⅛ turn R, L scissor step, Reverse full turn L, R toe heel step, L toe heel step

- 1&2 ⅛ turn R step L to L side, Close R next to L, Cross L over R (12:00)
3-4 ¼ turn L step R back, ½ turn L step L forward
5&6 Turn a further ¼ turn L and touch R toe next to L, Touch R heel in place, Step R forward (12:00)
7&8 Touch L toe next to R, Touch L heel in place, Step L forward (12:00)

[33-40] R botafogo, L botafogo, Point Switch, Walk R fwd walk L fwd with shimmy/shake

- 1&2 Cross/step R over L, Rock/step L to left, Recover on R (12:00)
3&4 Cross/step L over R, Rock/step R to R, Recover on L (12:00)
5&6& Point R to R side, Close R next to L, Point L to L side, Close L next to R (12:00)
7-8 Walk R forward, Walk L forward (12:00)

Styling: Shimmy shoulders/ shake body on walks forward

[41-48] Syncopated jumps forward & back while making ½ turn L, Out out Hold, Hip Roll

- &1&2 Step R forward, Step L forward, ¼ turn L step R back, Step L back (9:00)
&3&4 Step R forward, Step L forward, ¼ turn L step R back, Step L back (6:00)
&5-6 Step R forward into R diagonal, Step L to L side, Hold (6:00)
7-8 Roll hips counter-clockwise (6:00)

Styling: Can use pelvis to push hips forward & back while doing the syncopated jumps forward & back.

While doing the Hip roll raise R arm in the air circling it counter-clockwise as if swinging lasso

[49-64] Repeat counts 33-48 beginning at 6:00 finishing at 12:00

Tag - Facing 12 O'clock

- 1 Stomp R next to L while turning body ⅛ turn L towards 10:30 weight stays on L
2-4 Begin taking both arms out to each side and continue raising them up above head ending with a wrist

roll inwards

***B - 24 counts restarting into C - 16 counts**

After completing 24 counts of B you will finish facing 6:00, you will then continue with the last 16 counts of C (counts 49-64) beginning at 6:00 and finishing facing 12:00 to start into C again

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