

Numb

拍數: 32 牆數: 4 級數: Improver
編舞者: Adrian Lefebour (AUS) - October 2022
音樂: Numb - Marshmello & Khalid



#16 count intro from the start of the song

[1-8] Rock back, Recover, Lock Shuffle Fwd, 1/4 Paddle Turn, Step Across, Hitch

1,2 Rock R back, Recover fwd on L
3&4 Step R fwd, Lock step L behind R, Step R fwd
5,6 Step L fwd, 1/4 paddle turn R (weight on R) (3.00)
7&8 Step L across R, Hitch R knee in front of L turning body slightly to 1 o'clock wall

[9-16] Step Fwd, Touch Fwd, Behind, Side, Fwd/Across, Rock Fwd, Recover, 3/8 Shuffle

1,2 Step R fwd, Touch L toe fwd (1.00)
3&4 Step L behind R, Step R to R side, Step L fwd/across R facing 4.30
5,6 Rock R fwd, Recover back on L (4.30)
7&8 3 /8 turn R step R fwd, Step L next to R, Step R fwd (9.00)

[17-24] Step Fwd, Touch Behind, Step Back, 1/2 Turn, 1/4 Paddle Turn, Cross Shuffle

1,2 Step L fwd, Touch R toe behind L
3,4 Step R back, 1/2 Turn L step L fwd (3.00)
5,6 Step R fwd, 1/4 Paddle turn L (weight on L) (12.00)
7&8 Cross Shuffle R over L – Step R over L, Step L to L side, Step R over L

[25-32] 1/4 Turn, Together, Step Fwd, Touch, Step Back & Pop Knee x4

1,2 Step L to L side, Drag R towards L making a 1/4 Turn R and Step on R (weight on R) (3.00)
3,4 Step L fwd, Touch R toe next to L
5,6 Step R back and Pop L knee fwd, Step L back and Pop R knee fwd
7,8 Step R back and Pop L knee fwd, Step L back and Pop R knee fwd

Start Again!

ENDING : During the 9th sequence, dance right till the end and finish with looking to the front wall.

Adrian Lefebour: alefebour@gmail.com