

It's a Sin

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sascha Wolf (DE) - February 2023
音樂: It's a sin - Years & Years & Elton John



Start after 32 counts of Intro (00:15)

Phrased: AA Tag1 AA* Tag2 BB Tag B Tag BB BB Tag B Tag B Tag

Part A: Slow Intro

Section 1: Rumba Basic Step - Stepturn

1234 RF to side (12), LF cross over RF (3), RF on Place (4)
5678 1/4 turn to left LF fwd (56), RF fwd (7), 1/2 turn to left LF fwd (8)

Section 2: sweep behind side cross - sweep cross side behind

12 1/4 turn to left RF to side(1), Sweep with LF back (2),
34 LF cross behind RF(3), RF to side(4)
5678 LF cross over RF(5), RF sweep fwd (6), Rf cross over LF(7), LF to side(8)

Section 3: sweep behind side cross - Step Turn - Step

12 RF cross behind LF (1), Sweep with LF back (2),
34 LF cross behind RF(3), RF to side(4)
5678 LF step fwd (56), RF step fwd (7), 1/2 turn to left LF fwd,

Stop Choreo here in Wall 4

Section 4: Step Step Full turn sidestep behind

1234 RF step fwd (12), LF step fwd (34) with a prep
56 1/2 turn to left RF step back (5), 1/2 turn to left LF step fwd
78 RF to side (7), RF cross behind LF (8)

Tag1: after wall 2 of Part A

#4cts Sway to right with arms (12) - Sway to left with arms (34)

Tag 2: after 24cts of section 3

#16 cts right heels bounces and Hip Bumps on right side

Part A: Disco Part

Section 1: Cross Side Coasterstep Cross Side Coasterstep

123 RF diagonal fwd cross over LF, 1/8 turn to R and LF side,
3&4 RF back, LF close to RF, RF fwd
56 LF diagonal fwd cross over LF, 1/4 turn to L and RF side,
7&8 1/8 turn to L and LF back, RF close to LF, LF fwd

Section 2: Spiral turn Shuffle Heel grinds

123&4 RF forward, Do a full Spiral turn on your RF, LF fwd, RF lock behind LF, LF fwd
56& Heelgrind with RF fwd, back on LF, RF close to LF
78& Heelgrind with LF fwd, back on RF, LF close to RF

Section 3: Weave Turn Hook Rock Coaster

12&3 RF cross over LF, LF to side, RF cross behind LF, 1/4 turn to L and LF fwd
45 RF step fwd, 1/2 turn to L and Hook with your LF in front of your right Leg
67&8 LF rock fwd, RF back on Place, LF close to RF, RF step fwd

Section 4: Step Hitch Cross side Close Full turn

123 LF step fwd, 2 Hitch right knee up while turning 1/4 to L, RF step fwd

456 1/4 turn to R and LF to side, 1/4 turn to R and RF close to LF, LF step fwd
78 1/2 turn to L and RF back, 1/2 turn to L and LF fwd

TAG:

4cts Rocking Chair
