

It's a Trustfall

拍數: 32 牆數: 4 級數: High Beginner / Improver
編舞者: Claudia Arndt (DE) - February 2023
音樂: TRUSTFALL - P!nk



S1: Shuffle back, rock back, kick-ball-cross, side, touch

1&2 Step backwards with right - Move LF to the right and step backwards with right
3-4 Step backwards with right - Weight back on the LF
5&6 LF to the left in front - Bring LF to the right and cross RF over left
7-8 Step left with left - RF next to left tap

S2: Side, close, ¼ turn r/shuffle forward, step, pivot ¼ r, shuffle across

1-2 Step to the right with right - beside LF to RF
3&4 1/4 turn to the right and step forward with rights - beside LF to RF and step forward with right (3 o'clock)
5-6 Step forward with left - 1/4 rotation right on both balls, weight at the end right (6 o'clock)
7&8 Cross LF far above RF - Small step to the right with right and LF cross far above RF

S3: Side, hold & side, touch, rolling vine l,touch

1-2 Step Right with Right - Hold
&3-4 Move LF to the RF and step to the right with the right - Tap LF next to RF tap
5-8 3 steps to the left, making a full turn to the left (l - r - l) - tap RF next to LF

S4: Side, hold & side, touch, vine l turning ¼ l,touch

1-2 Step to the right with right - Hold
&3-4 Move LF to right and tap right with right - tap LF next to RF
5-6 Step left with left - cross RF behind left
7-8 1/4 turn left and step forward with left - tap RF next to LF (3 o'clock)

Repetition to the end

Tag (after the end of the 5th round - 3 o'clock)

Rocking chair, step, pivot ¼ l 2x

1-2 Step forward with right - weight back on the LF
3-4 Step backwards with right - weight back on the LF
5-6 Step forward with right - 1/4 turn left on both balls, weight at the end left (12 o'clock)
7-8 Same as 5-6 (9 o'clock)

Last Update: 22 Feb 2023