

Dance About It

拍數: 32 牆數: 2 級數: Improver
編舞者: Conny van Dongen (NL) - February 2023
音樂: Dance About It - Meghan Trainor



(S1) SYNC. ROCK STEP, ROCK STEP, BACK SHUFFLE, ROCK STEP

1-2& RF step forw., LF replace weight, RF together
3-4 LF step forw., RF replace weight
5&6 LF step back, RF together (3rd pos), LF step back
7-8 RF step back, LF replace weight

(S2) DOROTHY STEPS, HEEL SWITCHES, 1/4 PIVOT TURN

1-2& RF step diag. R forw., LF cross behind, RF step diag. R forw.
3-4& LF step diag. L forw., RF cross behind, LF step diag. L forw.
5&6& RF touch heel forw., RF together, LF touch heel forw., LF together
7-8 RF step forw., 1/4 turn L (weight on LF)

(S3) CHARLESTON STEP, TOUCH, HEEL SWIVEL, STEP BACK, POINT

1-2 RF sweep and touch forw., RF sweep and step back
3-4 LF sweep and touch back, LF sweep and step forw.
5&6 RF touch forw., swivel both heels R and swivel back centre
7-8 RF step back, LF touch diag. L back

(S4) JAZZ BOX 1/4 TURN L, KICK-BALL-BOOGIE WALKS

1-2 LF cross, RF 1/4 turn L and step back
3-4 LF side step, RF touch together
5&6 RF kick slightly diag. R forw., RF together, LF step forw. and swing knees L
7-8 RF step forw. and swing knees R, LF step forw. and swing knees L

Have fun!!

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