

Dance

拍數: 64 牆數: 2 級數: Intermediate
編舞者: RockinMary Dewez (FR) - December 2022
音樂: Dance - Bruno LeGrizzly



No Tag No Restart

Section 1 WALK R & L. ROCK R FWD, ROCK R SIDE. BEHIND SIDE CROSS. TURN ¼. TURN ½. STEP L FWD

1 2 3&4& walk R, walk L, rock R forward, recover, rock R on R side, recover
5&6 Behind side cross to the left
7&8 ¼ turn right with L foot (7), ½ turn right with R foot (&), step left forward (8))

Section 2 RIGHT ROCKINGCHAIR. PIVOT ½ TURN - LEFT ROCKINGCHAIR. RIGHT STEP LOCK STEP

1&2&3&4 right rockinchair, pivot ½ turn to left & step forward right
5&6&7&8 left rockinchair, lock forward left

Section 3 RIGHT SCISSOR STEP – LEFT SCISSOR STEP – R MAMBO FORWARD (HITCH) – SAILOR ¼ TURN LEFT - BRUSH

1&2 3&4 right scissor step , left scissor step
5&6& mambo forward with right foot (finishing with left Hitch &)
7&8& left sailor step with ¼ tour to left, brush R (&)

Section 4 RIGHT LOCK FORWARD ½ TURN RIGHT – LEFT BACK LOCK ¼ TURN LEFT – BALANCE BODY TO R & L (WITH SHOULDER)

1&2& lock forward R (finishing with ½ turn right on right foot &)
3&4& lock backward L (finishing with ¼ turn right on left foot &)
5&6 balance body to the right (with R shoulder : fwd, bwd, fwd) Hands stay upper thighs
7&8 recover body to center (with R shoulder : bwd, fwd, bwd) Hands stay upper thighs

Section 5 DIAGO V STEP TO RIGHT – DIAGO V STEP TO LEFT (SNAP)

1 2 3 4 out right diagonally R (out), out left diagonally R (out) , recover R (in), recover L (in) with snap fingers outside
5 6 7 8 out right diagonally L (out), out left diagonally L (out), recover R (in), recover L (in) with snap fingers outside

Section 6 CHASSE TO RIGHT – BACK CROSS MAMBO (TOUCH LEFT) – STEP L – TOGETHER – CHASSE TO LEFT ¼ TURN LEFT

1&2 3&4 chassé to the right (R.L.R), cross back L, recover on R , touch L next to R
5 6 7&8 step L to L, step R next to L, chassé ¼ to L

Section 7 STEP FWD R – STAMP L – LEFT SIDE MAMBO – STEP R TO RIGHT SIDE – ¼ TURN LEFT & STAMP LEFT – TRIPLE ¼ TO LEFT

1 2 3&4 big R step forward, stamp G, mambo left to left side (on mambo turn head to left)
5 6 7&8 big R step to right side, stamp G, triple ½ turn to L (L.R.L)

Section 8 BACK JAZZ RIGHT – BACK JAZZ LEFT – BOOGIE PADDLE ½ TURN TO LEFT (WITH LOW SNAP)

1&2 3&4 cross R over L, back L, back R, cross L over R, back R, back L
5&6&7 &8& WEIGHT on L : paddle turn ½ turn to L with boogie hips (low click on 5678)

Final : On last wall repeat last section (8) and paddle full turn (finish the dance at 12h00)

Contact : rockinmary13@orange.fr * * * * * Enjoy & Smile when you Dance

