

Champion Lovers

拍數: 80 牆數: 2 級數: Phrased Beginner
編舞者: Ayufitri (INA) - April 2023
音樂: Champion Lover - Debrahe Glasgow



Intro : 16 C

There is 1 restart in this dance, wall 2 on phrase A after 48 C
Sequence B, A, B, A [48], B, B, A, B, A, A, A, A

B: 16c

Sec I. FORWARD SHUFFEL R/L, SWAY

1 & 2 R fwd (1), L together (&), R fwd (2)
3 & 4 L fwd (3), R together (&), L fwd (4)
5 – 8 Hips Sway R/L

Sec II. ANCHOR STEP R/L, TOE TOUCH WITH HIPS BUMP

1 & 2 R behind (1), recover on L (&), rock behind on R (2)
3 & 4 L behind (3), recover on R (&), rock behind on L (4)
5 – 8 Touch on R fwd bumping hip R/L

A: 64c

Sec I. TOE HEELS STRUUT, BEHIND SIDE CROSS

1 2 Touch R to diagonally fwd with knee in (1) Touch R heels straight your knee (2)
3 & 4 Cross R behind L (3), Cross L over R (4)
5 – 8 Do the same on L

Sec II. ¼ R JAZZ BOX, VOLTA

1234 Cross R side over L (1), L back R (2), R to side (3) L fwd (4)
5&6& Cross R over (5), Ball L to side (&), Cross R Over (6), Ball L To side (&)
7 8 Cross R over (7), Step L Close to R (8)

Sec III. Do the same like Sec. I

Sec IV. Do the same like Sec. II

Sec V. FWD MAMBO R/L, BOTAFOGO R/L

1 & 2 R fwd (1), Recover on L (&), Side L (2)
3 & 4 L fwd (3), Recover on R (&), Side R (4)
5 & 6 Cross R over L (5), L to side (&), recover on R (6)
7 & 8 Cross L over R (7), R to side (&), recover on L (8)

Sec VI. Do the same like Sec. V

Sec VII. (JUMP OUT FWD, JUMP IN BACK) 2X, SIDE TOUCH R/L

&1 &2 R Ball Out (&), L ball out (1), R ball back to center (&), L ball back to center (2)
&3 &4 Do the same
5 6 R to side (5), L touch close to R (6)
7 8 L to side (7), R touch close to L (8)

Sec VIII. (ROCK FWD SIDE ROCK, SAILOR STEP) R/L

1&2& R fwd (1), Recover on L (&), R to side (2), Recover on R (&)
3 & 4 Cross R behind L (3), L to side (&), R step in place (4)
5 – 8 Do the same on L

Enjoy the dance Contact me fitriarbay@gmail.com

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