

He's a Dream

拍數: 40 牆數: 4 級數: Improver
編舞者: Isabelle Guimiot (CAN) - April 2023
音樂: He's a Dream - Shandi : (Flashdance Original Soundtrack)



Intro: 16 counts.

Restarts: Wall 7 after 24 counts, wall 8 after 32 counts.

[1 - 8] Toe strut and snap x4.

1 2 Toe R, heel strut R with finger snaps (12:00)
3 4 Toe L, heel strut L with finger snaps (12:00)
5 6 Toe R, heel strut R with finger snaps (12:00)
7 8 Toe L, heel strut L with finger snaps (12:00)

[9 - 16] ¼ turn hip bumps, behind side cross, side step, flick.

1 2 ¼ turn left step R to R and bump R hip to R, bump L hip to L (9:00)
3 4 Bump R hip to R, bump L hip to L (9:00)
5 & 6 Step R behind L, step L to L, Step R over L (9:00)
7 8 Step L to L, flick R behind L (9:00)

[17 - 24] Point, touch, step ¼ turn, step ¼ turn, cross, point, step together.

1 2 Point R to R, touch R next to L (9:00)
3 4 Step R fwd, ¼ turn left, recover L (6:00)
5 6 Step R fwd, ¼ turn left, recover L (3:00)
7 8 & Cross R over L, point L to L, bring back L next to R (weigh L) (3:00)

* Restart here on wall 7, facing 9:00

[25 - 32] Point and point and ¼ turn flick, walk, triple full turn, fwd mambo step.

1 & 2 & Point R to R, R together, point L to L, L together (3:00)
3 4 ¼ turn left, flick R back, step R fwd (12:00)
5 & 6 ¼ turn right step L to L, ½ turn right step R to R, ¼ turn right step L fwd (12:00)
7 & 8 Step R fwd, recover L, step R back (12:00)

* Here on wall 8, facing 9:00: do a touch R next to L instead of a step R back, and restart.

[33 - 40] Run backwards drawing a ¾ circle to the left, point R to R, slowly bring R back next to L.

1 & 2 Run 3 steps backwards L R L drawing a ¼ circle to the left (9:00)
& 3 & Run 3 steps backwards R L R drawing a ¼ circle to the left (6:00)
4 & 5 Run 3 steps backwards L R L drawing a ¼ circle to the left (3:00)
6 7 8 Point R to R (6), slowly drag R next to L (7-8) (3:00)

Have fun!