

Edamame

拍數: 32 牆數: 4 級數:
編舞者: Emeline Rochefeuille (FR) & Jakub Jakoubek (FR) - June 2023
音樂: edamame (feat. Rich Brian) - bbno\$



#8 count intro

[1-8] 2 STEPS FWD, ¾ PIVOT TURN, ¼ SAILOR STEP, COLLECT SIDE, ROCK FWD

- 1-2 1) Step R forward; 2) Step L forward
3&4 3) Stepping R fwd; &) Pivot ½ left switching the weight on L <6:00>; 4) Turn ¼ left stepping R fwd out to the right <3:00>
5&6 5) Turn ¼ left crossing L behind R ;&) Step R to the right <12:00>; 6) Step L to the left <11:00>
&7-8 &) Collect R to L <11:00>; 7) Step L to left <11:00>; 8) Rock R fwd with a small suspension <11:00>

[9-16] SAILOR STEP, SAILOR STEP, ROGER RABBIT

- 1&2 1) Recover to L ; &) Step R to the right; 2) Step L on the spot
3&4 1) Cross R behind L; &) Step L to the left; 2) Step R on the spot
&5&6 &) Kick L back; 5) Cross L behind R switching weight to L lifting R; &) Kick R back; 6) Cross R behind L switching weight to R lifting L
&7&8 &) Kick L back; 7) Cross L behind R switching weight to L lifting R; &) Re-stepping R across L lifting L; 8) Re-stepping L behind R lifting R

[17-24] ROCK STEP/HIPS SWAY, BEHIND SIDE CROSS, ROCK STEP/HIPS SWAY, BEHIND SIDE CROSS

- 1-2 1) Rock R to the right with hips sway to the right <1:00>; 2) Recovering L on the spot <12:00>
3&4 3) Step R crossing R behind L; &) Step L to the left; 4) Step R across L
5-6 5) Rock L to the left with hips sway to the left <11:00>; 6) Recovering R on the spot <12:00>
7&8 7) Step L crossing L behind R; &) Step R to the right; 8) Step L across R

[25-32] BOUNCE BOUNCE, KICK BALL STEP, MICHAEL JACKSON KICK, SLIDE BACK, ¼ ROTATING TRIPLE

- 1&2& 1) Collect R to L bending and opening knees out <1:00>; &) Back up straight legs <1:00>; 2) Bending and opening knees apart <1:00>; &) Back up straight legs <1:00>

ARMS: 1) Draw a big circle counterclockwise with R above the head; 2) Draw a big circle counterclockwise with R above the head

- 3&4 3) Kick R fwd <1:00>; &) Step R to original position <1:00>; 4) Step L fwd <1:00>
&5-6 &) Prepare R for a kick lifting the R foot out while turning the knee in 5) Kick R placed in a L shape (R knee turned out and inner R foot facing up) <1:00>; 6) Slide back pushing from L and landing on R <1:00>
7&8 7) Step L behind R <1:00>; &) Turn ¼ right collecting R next to L <3:00>; 8) Step L fwd <3:00>

Ending: You will be facing the West wall when you finish the 7th rotation. There will be one extra beat to Step R fwd.