

Lioness

拍數: 64 牆數: 2 級數: Improver

編舞者: Julie Carr (UK) - June 2023

音樂: Call Me A Lioness (feat. Olivia Dean, Melanie C, Self Esteem, Ellie Rowsell, Al Greenwood, Marika Hackman, Rachel Chinouriri, Shura, Jasmine Jethwa, Rose Gray & Highlly) - Hope FC



Section 1 R side chasses, recover, L kick ball cross x 2

1&2 Step R to R, bring L to R, Step R to R
3-4 Rock back on L recover forward on R
5&6 Kick L foot forward replace on ball of L foot, cross step R over L
7&8 REPEAT 5&6. (12)

Section 2 L side chasses, recover, R kick ball cross x 2

1&2 Step L to L, bring R to L step L
3-4 Rock back on R recover forward on L
5&6 Kick R foot forward replace on ball of foot cross step L over R
7&8 REPEAT 5&6 (12)

RESTART HERE WALL 2

Section 3 Step R, L behind R, Chasses ¼ turn R, pivot ¼ turn R, L cross shuffle

1-2 Step R to R, L behind R
3&4 Step forward on R, bring L to R, as you make a ¼ turn R (3)
5-6 Step forward on L, making a ¼ turn as you recover weight onto R
7&8 Cross L over R, step R to R, cross L over R (6)

Section 4 R & L Step touches x 4

1-2 Step to R, touch L by R
3-4 Step to L touch R by L
5&6 REPEAT 1-2- 3-4 WAVING ARMS ABOVE YOUR HEAD FROM R TO L like you're cheering on! (6)

Section 5 R heel grind, coaster step, L heel grind, coaster step

1-2 R heel grind forward recover back on L
3&4 Step back on R back, bring L together with R forward on R
5-6 L Heel grind recover back on R
7&8 Step back on L, back bring R to L, step forward on L (6)

Section 6 Syncopated R & L forward low kicks

1-2 Kick R foot forward twice
&3-4& Step down on R, kick L foot forward twice, step down on L
&5&6& Kick R foot forward, step down, kick L foot forward, step down on L
&7-8 Kick R forward twice (Do not replace R foot go straight into your next section) (6)

Section 7 Forward rock, back shuffles, back rock, forward shuffle

1-2 Forward R rock recover back on L
3&4 Back R shuffle, step back on R bring L to R, step back on R
5-6 Rock back on L recover forward on R
7&8 Forward L shuffle, step L forward, bring R to L, step forward on L (6)

Section 8 Forward side, side and back rocks with a push off step at end

1-2 Rock forward on R recover back on L

- 3-4 R side rock to R, recover on side L
- 5-6 R rock step across L, recover back on L
- 7-8 R side rock to R, recover on L (push off from L to restart dance) (6)

With special thanks to Patt & Caroline. □

Dedicated to all the little girls who have found football, anything is possible x
