Pomplamoose

拍數: 32

級數: Intermediate

編舞者: Liz Atkinson (USA) - August 2023

音樂: Bulletproof - Pomplamoose

16 count introduction

No Tags/ No Restarts!

S1: POINT-STEP. POINT-STEP. SIDE. TOUCH. 1/4L SHUFFLE. HOLD. BALL-STEP.

- 1&2& [1]Point RF to R side, [&]step RF beside LF, [2]point LF to L side, [&]step LF beside RF
- 3, 4 [3]Step RF to R side(big) [4]drag LF in and touch beside RF
- [5]Turning 1/4L step LF fwd (9:00), [&]step RF beside LF, [6]step LF fwd 5&6
- [7]Hold [&]step RF beside LF (lightly), [8]step LF fwd 7&8

S2: 1/4L CHASSE R, 1/4L SAILOR STEP, WALK R-L, 1/2L PIVOT

- 1&2 [1]Turning 1/4L step RF to R side (6:00) [&]step LF beside RF, [2]step RF to R side
- 3&4 [3]Step LF behind RF, [&]turning 1/4L step RF to R side (3:00) [4]step LF fwd
- [5]Step RF fwd, [6]step LF fwd 5,6
- 7,8 [7]Step RF fwd [8]pivot 1/2L onto LF (9:00)

S3: TOE STRUT, TOUCH & TWIST, KICK-BALL CROSS SHUFFLE, POINT

- 1, 2 [1]Touch R toe fwd, [2]step down on RF
- 3&4 [3]Touch L toe fwd diagonal [&]twist L heel to L, [4]twist L heel back in
- 5& 6 [5]Kick LF fwd (slightly to L diagonal) [&]step on ball of LF, [6]cross RF over LF
- &7.8 [&]close LF behind RF, [7]cross RF over LF, [8]point LF to L side

S4: WALK BACK L-R-L WITH SWEEPS, COASTER STEP, 1/2R BACK, BACK, TOGETHER

- [1]Step LF back, [2]sweep around and step RF back, [3] sweep and step LF back 1, 2, 3
- 4&5 [4]Sweep and step RF back, [&]step LF beside RF, [5]step RF fwd
- 6, 7, 8 [6]Turning 1/2R step LF back(3:00), [7]step RF back, [8]Step LF beside RF

*Ending At then end of wall 11, you will dance the entire dance, but on last 2 counts:

- [31] Make an additional 1/4R stepping RF to R side to face the front wall 7
- 8 [32] Step LF over RF and pose...ta da!

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牆數:4