C'Mon



拍數: 32

級數: Intermediate

編舞者: Marcel Masse (CAN) - November 2023

牆數:4

音樂: C'mon! - Keith Anderson



[1-8] R SIDE STEP, STEP L BEHIND, ¼ TURN STEP R, STEP L, L PIVOT, R ¼ TURN-L SIDE STEP, STEP R BEHIND, L SIDE STEP, R CROSS ROCK STEP

- 1-2 Step R to right side, Step L behind R
- &3-4 Turn $\frac{1}{4}$ turn R and step R forward, Step L forward, Turn $\frac{1}{2}$ turn R and transfer weight on R(9h)
- 5-6 Turn ¼ turn R and step L foot to L side, Step R foot behind L(12h),
- &7-8 Step L to L side, Cross R foot front of L, Bring weight back on R

[9-16] HEEL SWITCHES L-R, SIDEPOINT SWITCHES L-R, L HEEL FWD, STEP R FWD, R PIVOT, R SCUFF

- &1-&2 Bring R beside L, L heel forward, Bring L beside R, R heel forward
- &3-&4 Bring R beside L, Point L to left side, Bring L beside R, Point R to right side
- &5-&6 Bring R beside L, L heel forward, Bring L beside R, Step R forward
- 7&8 Turn ½ turn L and transfer weight on L, Scrape R foot forward with slight kick(6h)

Restart here after adding a hold of 8 counts on wall at 9h

[17-24] R SIDE STEP, STEP L BEHIND, JUMPOUT-L HEEL, JUMP IN, R SIDE, L HEEL, TOGETHER, R CROSS FRONT, L $^{1\!\!2}$ TURN

- 1-2 Step R to right side, Step L behind R
- 3-4 Jump to R weight on R foot with L heel out, Bring L and R foot together,
- &5&6 R foot to R side, L heel to L side, Bring L back to center, R cross front of L
- 7-8 Turn ¹/₂ turn L, transfer weight on L foot(12h)

[25-32] R CROSS ROCK STEP, R ¼ TURN SHUFFLE R-L-R, L ROCK STEP, L CROSS BACK, L ½ TURN

- 1-2 Cross R foot front of L, Bring weight back on L,
- 3&4 Turn ¼ turn R with step R, Bring L beside R, step R forward(3h)
- 5-6 Step L forward, Bring weight back on R foot,
- 7-8 Cross L foot behind R, Turn ½ turn L(9h)

TAG (Before the 3rd and 7th wall (6h): 4 SKATES

1-4 Slide R foot to the R, Slide L foot to the L, Repeat

Sequence: 2 walls, TAG, 4 walls, TAG, 1 wall, 16 first counts, hold 8 counts, restart on 9h wall