

Every Breath You Take

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Annie Yap (MY) - November 2023
音樂: Every Breath You Take - The Police



Dance Start 32 counts (16 sec approx...)

Part A-32 counts, Part B-32 counts

SOD: AAB ABB Aa(8)B AAAAa(16)

Part A 32 counts

Section 1: 4 Step Forward with small hop, Step Touch

1 Step RF forward touch LF next to RF with a small hop
2 Step LF forward touch RF next to LF with a small hop
3 Step RF forward touch LF next to RF with a small hop
4 Step LF forward touch RF next to LF with a small hop
5 6 7 8 Step RF to Right, Touch LF next to RF, Step LF to Left, Touch RF next to LF
(Restart here a-8 counts)

Section 2: 4 Step Forward with small hop, Step Touch

1 Step RF forward touch LF next to RF with a small hop
2 Step LF forward touch RF next to LF with a small hop
3 Step RF forward touch LF next to RF with a small hop
4 Step LF forward touch RF next to LF with a small hop
5 6 7 8 Step RF to Right, Touch LF next to RF, Step LF to Left, Touch RF next to LF (Ending here a-16 counts)

Section 3: Back Shuffle 4x

1 & 2 Back Shuffle on RF,LF,RF
3 & 4 Back Shuffle on LF,RF,LF
5 & 6 Back Shuffle on RF,LF,RF
7 & 8 Back Shuffle on LF,RF,LF

Section 4: 3/4Turn, Walk Around

1 2 Turn 1/8 right step right forward, turn 1/8 right step left forward (3:00)
3 4 Turn 1/8 right step right forward, turn 1/8 right step left forward (6:00)
5 6 Turn 1/8 right step right forward, turn 1/8 right step left forward (9:00)
7 8 Step right forward, step left forward (9:00)

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Part B 32 counts

Section 1: Samba Step Forward, Samba Step Backward

1 & 2 Step RF Forward, Step LF to Left, Recover on RF
3 & 4 Step LF Forward, Step RF to Right, Recover on LF
5 & 6 Step RF Backward, Step LF to Left, Recover on RF
7 & 8 Step LF Backward, Step RF to Right, Recover on LF

Section 2: Rolling Vine to R & L

1 2 3 4 Turn 1/4R Step RF to R, Turn 1/2R Step LF Back, Turn 1/4R Step RF to R, Touch LF next to RF

5 6 7 8 Turn 1/4L Step LF to L, Turn 1/2L Step RF Back, Turn 1/4L Step LF to L, Touch RF next to LF

Section 3: Jazz Box 1/4Turn x 2

1 2 3 4 Cross RF Over LF, 1/4R Turn Step LF Back, Step RF to R, Step LF Forward

5 6 7 8 Cross RF Over LF, 1/4R Turn Step LF Back, Step RF to R, Step LF Forward

Section 4: Rocking Chair, Pivot 1/2Turn x 2

1 2 3 4 Rock RF Forward, Recover on LF, Rock RF Back, Recover on LF

5 6 7 8 Step RF Forward, Pivot 1/2L, Step RF Forward, Pivot 1/2L

~ Enjoy! ~

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