

Pop

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Chrystel Arréou (FR) - December 2023
音樂: Pop - Green Lads



The dance starts immediately

Sequence : AA – BB – Tag – AAA – BB – AA

Partie A : 32 counts

LARGE STEP DIAGONALLY R FWD, TOGETHER, HEEL SPLITS x 2, LARGE STEP DIAGONALLY L FWD, TOGETHER, HEEL SPLITS x 2

1-2 Large step diagonally R fwd, Drag L up towards R
&3&4 Split both heels apart, Bring both heels back to center (x2)
5-6 Large step diagonally L fwd, Drag R up towards L
&7&8 Split both heels apart, Bring both heels back to center (x2)

TRIPLE STEP BACKWARD x 2, BACK ROCK, STEP, ¼ TURN L

1&2 Step back on R, Step L next to R, Step back on R
3&4 Step back on L, Step R next to L, Step back on L
5-6 Step back on R, Recover on L
7-8 Step R, ¼ turn L (Weight on L) 9h

ROCK STEP DIAGONALLY FWD, BEHIND, SIDE, CROSS, ROCK STEP DIAGONALLY FWD, BEHIND, SIDE, CROSS

1-2 Step R diagonally R fwd, Recover on L
3&4 Cross R behind L, Step L on L side, Cross R over L
5-6 Step L diagonally L fwd, Recover on R
7&8 Cross L behind R, Step R to R side, Cross L over R

TRIPLE STEP FWD x 2, STEP, ¼ TURN L, BACK ROCK

1&2 Step R fwd, Step L next to R, Step R fwd
3&4 Step L fwd, Step R next to L, Step L fwd
5-6 Step R fwd, ¼ turn L (Weight on L)
7-8 Step back on R, Recover on L 6h

Partie B : 32 counts

TRIPLE STEP DIAGONALLY R, TRIPLE STEP DIAGONALLY L, HEEL SWITCHES, HEEL, HOOK, HEEL, FLICK

1&2 Step R diagonally R fwd, Step L next to R, Step R diagonally R fwd
3&4 Step L diagonally L fwd, Step R next to L, Step L diagonally L fwd
5&6& Heel R fwd, Step R beside L, Heel L fwd, Step L beside R
7&8& Heel R fwd, Hook R, Heel R fwd, Flick R

TRIPLE STEP FWD, ¼ TURN L & TRIPLE STEP FWD, POINT SWITCHES, POINT, HOLD WITH CLAP x 2

1&2 Step R fwd, Step L next to R, Step R fwd
3&4 ¼ turn L stepping L fwd, Step R next L, Step L fwd 9h
5&6& Point R to R side, Step R beside L, Point L to L side, Step L beside R
7&8 Point R to R side, Hold + Clap x 2

CROSS, BACK, ½ TURN R & TRIPLE STEP FWD, ROCK STEP, COASTER STEP

1-2 Cross R over L, Step back on L

3&4 ½ turn R stepping R fwd, Step L next to R, Step R fwd 3h
5-6 Step L fwd, Recover on R
7&8 Step back on L, Step R next to L, Step L fwd

CROSS, BACK, ¼ TURN R & CHASSE R, ROCK STEP, BALL, HEEL, HOLD WITH CLAP x 2

1-2 Cross R over L, Step back on L
3&4 ¼ turn R stepping R on R side, Step L next to R, Step R to R side 6h
5-6 Step L fwd, Recover on R
&7&8 Step L beside R, Heel R fwd, Hold + Clap x 2

Tag : At the end of second part B, add 16 counts :

JAZZ BOX WITH ¼ TURN R, POINT TO R, TOGETHER, POINT TO L, TOGETHER

1-2 Cross R over L, Step back on L
3-4 ¼ turn R stepping R to R side, Step L next to R
5-6 Point R to R side, Step R beside L
7-8 Point L to L side, Step L beside R

JAZZ BOX WITH ¼ TURN R, POINT TO R, TOGETHER, POINT TO L, TOGETHER

1-2 Cross R over L, Step back on L
3-4 ¼ turn R stepping R to R side, Step L next to R
5-6 Point R to R side, Step R beside L
7-8 Point L to L side, Step L beside R

Bonne danse !! countrym10@free.fr
