

Reste

拍數: 72 牆數: 2
編舞者: Lana Garonska (DE) - May 2024
音樂: Reste - Maître Gims & Sting

級數: Phrased Intermediate



#16 count intro. Start dance on vocal

Sequence: ABABABA*ABBB

A*- 32 counts from part A.

PART A (40 counts)

A1: 2 Steps forward R L, Kick Out Out, R sailor step, L sailor step ¼ L.

1-2 Step forward R, Step forward L
3&4 Kick R forward, Step R side (&) and L to left side (4)
5&6 step R behind L, step L beside R, step R side
7&8 step L behind R turn ¼ L (9:00), step R beside L, step L side.

A2: Step R forward, touch L, step L forward, touch R, step R forward, touch L, sailor step ¼ L

1-2 Step R forward, touch L side
3-4 Step L forward, touch R side
5-6 Step R forward, touch L side
7&8 step L behind R turn ¼ L (6:00), step R beside L, step L side.

A3: Step R forward, ¼ touch L, ¼ step back L, touch R, step back R,L, R anchor step

1-2 Step R forward, turn ¼ R touching L beside R (9:00)
3-4 Turn ¼ R stepping L back, Touch R beside L (12:00)
5-6 Step R back, step L back (optional: with heel swivel)
7&8 Step R back, recover weight to L, recover to R.

A4: Step R ¼ side, touch L, Step ¼ L, ¼ touch R, syncopated L jazz box, step ¼ L

1-2 Step L side turning 1/4 (9:00), touch R side
3-4 Step R ¼ forward (12:00), turn ¼ touching L side (3:00)
5-6 Cross L over R, step R back
&7 8 Step L side (&), Cross R over L (7), turn ¼ L stepping L forward (12:00).

A*- restart A from this part.

A5: Step R L forward, R forward mambo step, step back L R, L anchor step

1-2 Step forward R, Step forward L
3&4 Rock R forward, recover to L, step back R
5-6 Step back L, step back R
7&8 Step L back, recover weight to R, recover to L.

PART B (32 counts)

B1: Run R L R forward, rock L forward, L back, syncopate R jazzbox, L touch

1&2 Small run forward R L R
3-4 Rock L forward, recover to R
5-6 step L back, cross R over L
&7-8 Step L side, Step R side, touch L beside R.

B2: Run L R L back swivelling heels, rock R back, R jazzbox turning ½ R

1&2 Small step back L swivel R heel, step back R swivel L heel, step back L swiveling R heel
3-4 Rock R back, recover to L
5-6 Cross R over L, turn ¼ R step L back
7-8 Turn 1/4 R stepping R forward, step L forward.

B3: Repeat B1

B4: Repeat B2
