

Pick Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Magali CHABRET (FR) - June 2024
音樂: Pick Me - Alec Benjamin



16 counts intro

S1 – CROSS, POINT SIDE, KICK BALL POINT, CROSS, BACK, R CHASSE

1-2 Cross Rf over Lf – point Lf to L side
3&4 Kick Lf forward – step Lf beside Rf – point Rf to R side
5-6 Cross Rf over Lf – step Lf back
7&8 Step Rf to R side – step Lf beside Rf – step Rf to R side

S2 – SAILOR ¼ TURN L, MAMBO FWD, STEP BACK L/R, L COASTER STEP

1&2 Cross ball on Lf behind Rf – turn 1/4 L stepping Rf beside Lf – step Lf forward (9:00)
3&4 Rock Rf forward – recover onto Lf – step Rf back
5-6 Step Lf back – step Rf back
7&8 Step Lf back – close Rf next to Lf – step Lf forward

S3 –STEP FWD, STEP PIVOT ½ TURN R, LOCK STEP DIAG L, LOCK STEP DIAG R, SCUFF STEP

1-2-3 Step Rf forward – step Lf forward – turn 1/2 pivot R, taking weight on Rf (3:00)
4&5 Step Lf diagonally forward L – lock Rf behind Lf – step Lf diagonally forward L
6&7 Step Rf diagonally forward R – lock Lf behind Rf – step Rf diagonally forward R
&8 Scuff L heel forward – step Lf slightly forward

S4 – SYNCOPATED WEAVE R, L SAILOR STEP, BALL SIDE, TOUCH

1-2&3-4 Step Rf to R side – step Lf behind Rf – step Rf to R side – cross Lf over Rf – step Rf to R side
5&6 Cross ball of Lf behind Rf – step ball of Rf to R side – step Lf to L side
&7-8 Step ball of Rf next to Lf – step Lf to L side – touch Rf next to Lf

Tag : 8 counts tag after wall 3 (9:00) :

CROSS, POINT SIDE, KICK BALL POINT, BEHIND, ¼ TURN L, PIVOT ½ TURN L

1-2 Cross Rf over Lf – point Lf to L side
3&4 Kick Lf forward – step Lf beside Rf – point Rf to R side
5-6 Step Rf behind Lf – turn 1/4 L stepping Lf forward (6:00)
7-8 Step Rf forward – pivot 1/2 turn L, taking weight on Lf (12:00)

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.