

Find a Way

拍數: 32 牆數: 2 級數: Beginner
編舞者: Stéphanie Bijon (FR) - July 2024
音樂: Find a Way (From the Netflix Film Nyad) - Jade Bird



Intro : 32 counts

[1-8] K STEP w/clap

12 Step RF fwd in diagonal R (1), Touch LF next to R w/clap (2)
34 Step LF back in diagonal (3), Touch RF next to L w/clap (4)
56 Step RF back in diagonal (5), Touch LF next to R w/clap (6)
78 Step LF fwd in diagonal (7), Touch RF next to L w/clap (8)

[9-16] STEP LOCK STEP SCUFF x2

12 Step RF fwd (1), Lock LF behind RF (2)
34 Step RF fwd (3), Scuff LF (4)
56 Step LF fwd (5), Lock LF behind RF (6)
78 Step LF fwd (7), Scuff RF (8)

*Restart wall 2 & 6

[17-24] ROCKING CHAIR R, STEP ½ TURN, WALK R, WALK L

12 Rock RF fwd (1), Recover on L (2)
34 Rock RF back (3), Recover on L (4)
56 Step RF fwd (5), ½ turn L, weight on L (6) 06:00
78 Step RF fwd (7), Step LF fwd (8)

* Restart wall 3 & 8

[25-32] HEEL SWITCHES X4

12 Heel R fwd (1), Step RF next to LF (2)
34 Heel L fwd (3), Step LF next to RF (4)
56 Heel R fwd (5), Step RF next to LF (6)
78 Heel L fwd (7), Step LF next to RF (8)

Restart wall 2 & 6 after 16 counts

Restart wall 3 & 8 after 24 counts
