Espresso



拍數: 32

級數: High Intermediate

編舞者: Hiroko Carlsson (AUS) - July 2024

音樂: Espresso - Sabrina Carpenter : (Spotify/YouTube Music/Deezer/Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com) (16 counts intro)

[S1] Side Rock-Cross, 1/2R Hinge Turn- Side Rock-Hinge Back 1/2L-Side, Back Rock, Side Rock-Cross

1&2 Rock R to the side, Replace weight on L, Cross R over L

牆數: 4

- 3 4& Make a ¼ turn right stepping back on L, Make a further ¼ turn right stepping (rock) R to the side (6:00), Replace weight on L
- 5 6& Make a ½ turn left/hinge back stepping R to the side (12:00), Rock L behind R, Replace weight on R
- 7&8 Rock L to the side, Replace weight on R, Cross L over R

[S2] 1/4L-1/4L-Fwd, 1/8L Step-Lock-Step w/ Sweep, Box 3/8R Turn into Fwd Rock-Together

- 1 2 3 Make a ¼ turn left stepping back on R, Make a ¼ turn left stepping forward on L (6:00), Step forward on R
- 4&5 Make a ¼ turn left stepping forward on L (4:30), Lock R behind L, Step forward on L sweeping R around
- 6&7 Cross R over L, Make a ¼ turn right stepping back on L, Make a ¼ turn right stepping R to the side (9:00)
- &8& Step/rock forward on L, Replace weight on R, Step L together

[S3] Step w/Sweep, Cross, Side, Behind w/ Sweep into Sailor 1/2R-Step w/ Sweep, Cross, Side, Behind w/ Sweep, Behind, 1/4L

- 1 2& Step forward on R sweeping L around, Cross L over R, Step R to the side
- 3 4& Step L behind R (starting to make a ½ turn right), Making a ½ turn right step back on R, Step L beside R (3:00)
- 5 6& Step forward on R sweeping L around, Cross L over R, Step R to the side
- 7 8& Step L behind R sweeping R around, Step R behind L, Make a ¼ turn left stepping forward on L (12:00)

[S4] Roll Fwd, Step-Pivot 1/2L-Fwd, 1/2R-1/2R-1/4R Scissor-Cross

- 1 2 Make a ¹/₂ turn left stepping back on R, Make a ¹/₂ turn left stepping forward on L (12:00)
- 3&4 Step forward on R, Make a ¹/₂ turn left recover weight on L (6:00), Step forward on R
- 5 6 Make a ¹/₂ turn right stepping back on L, Make a ¹/₂ turn right stepping forward on R (6:00)
- 7&8 Make a ¼ turn right stepping L to the side (9:00), Step R next to L, Cross L over R

TAG: 8 Counts Tag at the end of Wall 4 (12:00) - add the following steps:

- 1 2 3 4 Step R to the side, Make a ¼ turn left stepping L to the side (9:00), Make a ¼ turn left stepping R to the side (6:00), Make a ¼ turn left stepping L to the side (3:00)
- 5 6 7 8 Step R to the side, Make a ¼ turn right stepping L to the side (6:00), Make a ¼ turn right stepping R to the side (9:00), Make a ¼ turn right stepping L to the side (12:00)

Note: when you step to the side slightly dragging/closing the other foot.

Ending suggestion: The last wall starts facing 12:00. Dance up to count 16 (9:00). Make a swift ¹/₄ turn right stepping forward on R (12:00).

(updated: 14/July/24)