

Chase It

拍數: 96 牆數: 1 級數: Phrased Improver
編舞者: Melody Lee (TW) - July 2024
音樂: Chase It (Mmm Da Da Da) - Bebe Rexha



Sequence: (AA BC AA BC CA)

A S1: Vine Touch x2

1 2 3 4 Step RF side(1) Cross LF behind RF(2) Step RF side(3) Touch LF beside RF(4)
5 6 7 8 Step LF side(5) Cross RF behind LF(6) Step LF side(7) Touch RF beside LF(8)

A S2: Vine Touch, Vine wz 1/4Turn left Touch

1 2 3 4 Step RF side(1) Cross LF behind RF(2) Step RF side(3) Touch LF beside RF(4)
5 6 7 8 Step LF side(5) Cross RF behind LF(6) 1/4Turn left Step LF fwd(7) Touch RF beside LF(8)9h

A S3: V Steps, Fwd, Touch, Back, Touch

1 2 3 4 Step RF Out diagonal(1) Step LF Out(2) Step RF Back in(3) Step LF in(4)
5 6 7 8 Step RF fwd (5) Touch LF behind RF(6) Step LF back(7) Touch RF in front LF(8)

A S4: V Steps, Fwd, Touch, Back, 1/4Turn Touch

1 2 3 4 Step RF out diagonal(1) Step LF out(2) Step RF back in(3) Step LF in(4)
5 6 7 8 Step RF fwd (5) Touch LF behind RF(6) Step LF back(7) 1/4Turn left Touch RF beside LF(8)6h

Optional for count 5678: RF Step, 1/2Turn left weight on LF x2**

B S1: Rocking Chair, 1/4Turn right Jazz Box

1 2 3 4 Step RF fwd(1) Recover to LF(2) Step RF back(3) Recover to LF (4)
5 6 7 8 Cross RF Over LF (5) 1/4Turn left Step LF back(6) Step RF side(7) Cross LF over RF(8)3h
Optional: 1/8Turn right Step LF side, Hold(5 6) Cross Rock RF behind(7) Recover to LF(8) 3h

B S2 S3 S4: Same as S1

C S1: Heel Touch x2, Step, Hitch, Step, Together, Shoulders Pop

1&2& RF Heel fwd(1) Step RF beside LF(&) LF Heel fwd (2) Step LF beside RF(&)
3 4 Step RF side (3) Hitch LF (4)
5 6 Step LF side(5) Step RF beside LF (6)
7&8 Pop Shoulders R-L-R (7&8)

C S2: Heel Touch x2, Step Hitch, Step, Together, Shoulders Pop

1&2& LF Heel fwd(1) Step LF beside RF(&) RF Heel fwd (2) Step RF beside LF(&)
3 4 Step LF side(3) Hitch RF (4)
5 6 Step RF side(5) Step LF beside RF (6)
7&8 Pop Shoulders L-R-L(7&8)

C S3: Pony Back x2, Back Rock, Walk fwdx2

1&2 3&4 RF Pony Back R-L-R(1&2) LF Pony Back L-R-L(3&4)
5 6 Rock RF back(5) Recover to LF (6)
7 8 Walk RF fwd (7) Walk LF fwd (8)

C S4: Side, Touch x2, Out Out, Heels, Toes

1 2 3 4 Step RF side(1) Touch LF behind RF(2) Step LF side(3) Touch RF behind LF(4)
5 6 Step RF out (5) Step LF out(6)
7&8 Bring Both Toes In(7) Bring Both Heels In(&) Bring Both Toes In(8)

