Take A Minute AB

級數: Absolute Beginner / Beginner

編舞者: Maryse Fourmage (FR) - 10 October 2024

音樂: Take A Minute - Ashleigh Dallas

Start: 16s. approximately, On the lyrics 'There's so much'

SEQ: A-A-A-A-8-A-A-A-A-A-A-A-A

拍數: 40

[1-8] K, Touch with Clap

- 1-2 RF on R diagonal FW, Touch LF next to RF with Clap
- 3-4 LF on L diagonal Back, Touch RF next to LF with Clap
- 5-6 RF on R diagonal Back, Touch LF next to RF with Clap
- 7-8 LF on L diagonal FW, Touch RF next to LF with Clap

[9-16] Side, Together, Side, Scuff, Side, Together, Side, Scuff *(Option : Vine, Scuff)

- 1-2 RF to the R side, LF next to RF
- 3-4 RF to the R side, L Scuff
- 5-6 LF to the L side, RF next to LF
- 7-8 LF to the L side, R Scuff

[17-24] Rocking-Chair, Walk FW, L Kick with Clap

- 1-2 RF FW, Recover to LF
- 3-4 RF Back, Recover to LF
- 5-6 RF FW, LF FW
- 7-8 RF FW, L Kick FW with Clap

[25-32] Backx3, Touch, Vine ¼ L, Touch

- 1-2 LF Back, RF Back
- 3-4 LF Back, Touch RF next to LF
- 5-6 RF to the R side, Cross LF behind RF
- 7-8 Make ¼ R with RF FW, Touch LF next to RF

[33-40] Bump L, Bump R, Cross, Back, Side, Touch

- 1-2 L Bump with LF to the L side, L Bump
- 3-4 R Bump, R Bump (Weight is on RF)
- 5-6 Cross LF over RF, RF Back
- 7-8 LF to the L side, Touch RF next to LF

Smile et enjoy the dance

Contact: maellynedance@gmail.com





牆數:4