Sweet Nothin'

拍數: 32

級數: Improver

編舞者: Jasmine Stamps (USA) - September 2024

音樂: Sweet Nothing (feat. Florence Welch) - Calvin Harris

Starts immediately with vocals.

[1-8] R Shuffle Forward, L Pivot, L Shuffle Forward, R Pivot

- 1 & 2 Step R forward (12:00), Step L together, Step R forward
- 3, 4 Step L forward, 1/2 turn right placing weight onto R (6:00)
- 5 & 6 Step L forward, Step R together, Step L forward
- 7, 8 Step R forward, 1/2 turn left placing weight onto L (12:00)

[9-16] R Cross, L Point, L Cross, R Point, R Jazz Box with Cross

- 1, 2 Cross R in front of L, Point L out to side
- 3, 4 Cross L in front of R, Point R out to side
- 5, 6 Cross R in front of L, Step L back
- 7, 8 Step R back, Cross L in front of R

[17-24] R Chasse, L Weave, Hip Bumps, L Weave

- 1 & 2 Step R out to side, Step L together, Step R out to side
- 3 & 4 Cross L behind R, Step R out, Cross L over R
- 5, 6 Step R out to side with R hip bump, Hip bump L, Hip bump R
- 7 & 8 Cross L behind R, Step R out, Cross L over R

[25-32] R Kick-ball-change (2x), 3/8 pivot L, Full turn RL

- 1 & 2 Kick R forward (1:30), Recover weight back onto ball of R foot, Step L together
- 3 & 4 Kick R forward (1:30), Recover weight back onto ball of R foot, Step L together
- 5, 6 Rock R (1:30), 3/8 turn left placing weight onto L (9:00)
- 7, 8 1/2 turn left stepping R back (3:00),1/2 turn left stepping L forward (9:00)

RESTART on 10th wall (facing 6:00) when the beat drops after the bridge.

Optional ending with a double spin.





牆

牆數:4