

Pilihanku

拍數: 88 牆數: 4
編舞者: Anna (INA) - December 2024
音樂: Pilihanku - MALIQ & D'Essentials

級數: Phrased Improver / Intermediate



A (32 count) - 2 Wall

B (24 count) - 4 Wall

C (32 count) - 1 Wall

Sequence : AA BB TAG (4c) A (28c & Change Step) A BB C TAG (8 counrs) BBBB C

Starting dance - Intro music on vocal after 4c.

PHRASED A (32 counts)

I. FWD LOCK DIAGONAL (R-L) - CROSS ROCK (R-L)

1&2 Step R fwd diagonal R - Lock L behind R - Step R fwd diagonal R
3&4 Step L fwd diagonal L - Lock R behind L - Step L fwd diagonal L
5-6& Cross Rock R over L, Recover on L, Step R to side
7-8& Cross Rock L over R, Recover on R, Step L to side

II. JAZZ BOX - SWAY (R-L-R-L)

1-4 Cross R over L, Rock back on L, Step R to side, Step L forward
5-8 Sway on R-L-R-L

III. HIPS BUMB R FWD - 1/2 TURN L HIPS BUMB L FWD - BOTAFOGO (R-L)

1&2 Touch R fwd with Hips R fwd on Up, Down, Step R in place
3&4 1/2 Turn L Touch L fwd with Hips L fwd on Up (06:00), Down, Step L in place
5&6 Cross R over L, Rock L to side, Recover on R
7&8 Cross L over R, Rock R to side, Recover on L

IV. TWICE KICK BALL FWD AND POINT TOUCH (R-L) - CROSS SHUFFLE

1&2 Kick R fwd, Step R beside L, Touch L to side
3&4 Kick L fwd, Step L beside R, Touch R to side
***Here* => Change Step On Wall 6 after 28c (12:00)**
5&6 Cross R over L, Step L to side slightly, Cross R over L
7&8 Cross L over R, Step R to side slightly, Cross L over R

PHRASED B (24 counts)

I. SWITCHED JUMP (R-L) - JUMP R WITH HIPS BUMBS

1-2 Jump to the R followed by your LF touching the side, Jump to the L followed by your RF touching the side
3&4 Jump to the R with a hip movement, Up, Down
5-6 Jump to the L followed by your RF touching the side, Jump to the R followed by your LF touching the side
7&8 Jump to the L with a hip movement, Up, Down

II. 3/4 TURN R WALK IN 3 WALKS AND TOUCH - 1/2 TURN L WALK IN 3 WALK & TOUCH

1-4 1/4 Turn R Step R fwd (03:00), 1/4 Turn R Step L fwd (06:00), 1/4 Turn R Step R fwd (09:00), Touch L beside R (09:00)

***Here :* Like walk turn to the right make a circle in 3 steps & touch**

5-8 1/4 Turn L Step L fwd (06:00), 1/4 Turn L Step R fwd (03:00), Step L fwd (03:00), Touch R beside L (03:00)

III. K STEP

1-2 Step R fwd diagonal R, Touch L beside R

- 3-4 Step L back to center diagonal L, Touch R beside L
- 5-6 Step R back diagonal R, Touch L beside R
- 7-8 Step L back to center diagonal L, Touch R beside L

PHRASED C (32 counts)

I. GRAPEVINE R - FULL TURN L ROLLING VINE

- 1-4 Step R to side, Cross L behind R, Step R to side, Touch L beside R
- 5-6 1/4 Turn L Step L fwd (09:00), 1/2 Turn L Stepping back on R (03:00)
- 7-8 1/4 Turn L Step L to side (12:00), Touch R beside L

II. TWICE SIDES & TOUCH BEHIND - V STEP

- 1-2 Step R beside L, Touch L behind R slightly
- 3-4 Step L beside R, Touch R behind L slightly
- 5-6 Step R fwd diagonal R, Step L fwd diagonal L
- 7-8 Step R back to center, Close L together

III. GRAPEVINE - 1/4 TURN R FWD - 1/4 TURN R TOUCH - TWICE SIDES & TOUCH (2x)

- 1-4 Step R to side, Cross L behind R, 1/4 Turn R Step R fwd (03:00), 1/4 Turn R Touch L beside R (06:00)
- 5-6 Step L to side, Touch R beside L
- 7-8 Step R to side, Touch L beside R

IV. GRAPEVINE - 1/4 TURN L FWD - 1/4 TURN L TOUCH - TWICE SIDES & TOUCH (2x)

- 1-4 Step L to side, Cross R behind L, 1/4 Turn L Step L fwd (03:00), 1/4 Turn R Touch L beside R (12:00)
- 5-6 Step R to side, Touch L beside R
- 7-8 Step L to side, Touch R beside L

NOTE:

I. TAG I (4c) after On Wall 4(B) 06:00

V STEP

- 1-2 Step R fwd diagonal, Step L fwd diagonal
- 3-4 Step R back to center, Step L Close

II. CHANGE STEP

On Wall 6(A) after 28c (12:00)

On wall 6, do the dance until 27c, & Step LF next to RF on count 28, Touch R beside L

III. TAG II (8c) after On Wall 9 end phrased C (12:00)

SYNCOATED STEP IN PLACE WITH RUN A LITTLE (R-L-R-L-R-L), OUT - OUT (R-L)

- 1&2&3&4 Step R(1), L(&), R(2), L(&), R(3), L(&) The R & L steps stay in place (like running in place), Touch R beside L (4)
 - &5-6 Step R to side(&), Step L to side(5), Hold(6)
 - 7-8 Raise your hands R & L sides up slowly
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