

Get Into The Flow

拍數: 32 牆數: 1 級數: Beginner NC
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音樂: Stuck On You - Lionel Richie



or any other NC music

This routine consists of basic NC steps. It is dedicated to starters to get into the nightclub rhythm and feeling. It also can be used by competition dancers as a drill to improve technique and posture.

Section 1 and 2 can be seen as PART A and section 3 and 4 as PART B of the dance. You can mix them as you like (see note below).

PART A

Section 1: basic NC step, turning basic NC step, rock fwd, step back, rock bw, step fwd

1-2& RF step R, LF close beside, RF cross over
3-4& ¼ turn R and LF step bw, ¼ turn R and RF step R, LF cross over 6:00
5-6& 1/8 turn R and RF step fwd, LF recover, RF step bw 7:30
7-8& LF step bw, RF recover, LF step fwd

Section 2: half diamond box / fallaway, 3 sways, rock fwd, rock side

1-2& 1/8 turn L (6:00) and RF step R, 1/8 turn L and LF step bw, RF step bw 4:30
3-4& 1/8 turn L (3:00) and LF step L, 1/8 turn L and RF step fwd, LF step fwd 1:30
5-6& 1/8 turn L (12:00) and RF sway R, sway left, sway right 12:00
7&8& LF step fwd, RF recover, LF step L, RF recover

Now you mirror the dance above by doing exactly the same patterns - starting with the left foot:

PART B

Section 3: NC basic step, NC turning basic step, rock fwd, step back, rock bw, step fwd

1-2& LF step L, RF close beside, LF cross over
3-4& ¼ turn L and RF step bw, ¼ turn L and LF step L, RF cross over 6:00
5-6& 1/8 turn L and LF step fwd, RF recover, LF step bw 4:30
7-8& RF step bw, LF recover, RF step fwd

Section 4: half diamond box / fallaway, 3 sways, rock fwd, rock side

1-2& 1/8 turn R (6:00) and LF step L, 1/8 turn R and RF step bw, LF step bw 7:30
3-4& 1/8 turn R (9:00) and RF step R, 1/8 turn R and LF step fwd, RF step fwd 10:30
5-6& 1/8 turn R (12:00) and LF sway L, sway right, sway left 12:00
7&8& RF step fwd, LF recover, RF step R, LF recover

****Note:**

- *1. if you do 2 sways instead of 3 sways the dance has 16 counts and you train one side only
- *2. by mixing the sways you can change it to an A B dance and adapt it to your own music end