

Trampoline

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - January 2025
音樂: Trampoline - SHAED & ZAYN : (iTunes)



Intro: 4 counts

**SIDE, BEHIND, ¼ TURN R, ¾ HINGE TURN, SIDE ROCK, BEHIND SWEEP, BACK SWEEP, BACK SWEEP, COASTER STEP

- 1-2& Step RF to R side(see note for 2nd wall), Step LF behind RF, ¼ turn R-stepping RF fwd 03.00
- 3-4& Hinge ¾ T R, Rock RF to R side, Recover weight on LF 12.00
- 5-6-7 Step RF behind LF-sweep LF to back, Step LF back, sweep RF back, Step RF back, Sweep LF to back
- 8&1 Sep LF back, Step RF next to LF, Step Fwd on RF on ball of feet and hitch R knee (going up)

RUN FWD, ROCK ¼ TURN L, RECOVER ¼ TURN L, FULL TURN L, PIVOT ¼ TURN, CROSS ROCK, SIDE ROCK

- 2&3 Step RF fwd, Step LF fwd, ¼ turn L-rock RF to R side
- 4&5 ¼ turn L-recover weight on LF, ½ turn L-step RF back, ½ turn L-Step LF fwd 06.00
- 6&7& Step RF fwd, ¼ turn L-weight on LF, Rock RF across LF, Recover weight on LF 03.00
- 8& Rock RF to R side, Recover weight on LF**Tag & Restart wall 2

BACK SWEEP, COASTER STEP, MAMBO ½ TURN R, FULL SPIRAL TURN R, STEP FWD, FWD ROCK

- 1-2&3 Step RF back-sweep LF to back, Step LF back, Step RF next to LF, Step LF fwd
- 4&5 Rock RF fwd, Recover weight on LF, 1/2 turn R-step RF fwd 09.00
- 6-7 Step LF fwd full turn R, Step RF fwd
- 8& Rock LF fwd, Recover weight on RF

LEFT SIDE LUNCH, TRIPPLE FULL TURN L, BEHIND, ¼ TURN R, PIVOT ½ TURN R, BALL ROCKING CHAIR.

- 1-2&3 Lunge LF to side, ¼ turn L Recover weight on RF, ½ turn L-step LF fwd, ¼ turn L-step RF to R side 12.00
- 4& Step LF behind RF, ¼ turn R-step RF fwd 09.00
- 5-6& Step LF fwd, ½ turn R-weight on RF, Step LF next to RF 06.00
- 7&8& Rock RF fwd, Recover weight on LF, Rock RF back, Recover weight on LF

***NOTE!!!! MAKE ONE EXTRA ¼ TURN L ON COUNT 1 FROM YOUR NEXT WALL TO START THE DANCE AGAIN

Wall two will start at the 3.00 wall

TAG:

Wall 2 after 16 counts (06.00)–

End of wall 4 (12.00) –

- 1-2& Step RF back, sweep LF to back, Step LF Behind RF, Step RF to R Side
- 3-4& Rock LF across RF, Recover weight on RF, Step LF to L side

RESTART

Wall 2 after the tag. 06.00

Dance With Esmeralda

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