

The Letter

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Nelly Wahyuni/Nema (INA) - February 2025
音樂: Training Season - Dua Lipa : (Lyric video)



Start dance after 16C

SEC1: CROSS TOUCH-SAILOR STEP-CROSS-SIDE-CROSS-KICK SIDE

1-2 Touch Rf over Lf, touch Rf to R
3&4 Cross Rf behind Lf, step Lf to L, step Rf to place
5-6 Cross Lf over Rf, step Rf to R
7-8 Cross Lf over Rf, kick Rf to R

SEC2 : ½ + ¼ TURN L PIVOT-JAZZBOX

1-2 Step Rf fwd weight on Rf, ½ turn L change weight on Lf
3-4 Step Rf fwd weight on Rf, ¼ turn L change weight on Lf
5-6 Cross Rf over Lf, step Lf back
7-8 Step Rf to R, step Lf fwd

SEC3 : SIDE-TOUCH (R/L)-BACK WALK-TOGETHER

1-2 Step Rf to R, touch Lf toe in place
3-4 Step Lf to L, touch Rf toe in place

5-6 Step Rf back, step Lf back
7-8 Step Rf back, step Lf next to Rf

(Option 5,6,7 : Grinder step)

SEC4 : SIDE-TOUCH BEHIND (R/L)-SLIDE (BIG STEP)- ½ TURN L UNWIND

1-2 Step Rf to R, touch Lf behind Rf
3-4 Step Lf to L, touch Rf behind Lf
5-6 Slide Rf to R while drag on Lf
7-8 Cross touch Lf behind Rf weight on Rf, ½ turn L change weight on Lf

Restart :

On wall 3&6 after 16C

On wall 12 after 24C

Enjoy the dance

Email : nellygemanema@gmail.com

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